



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH WELL-BEING & FITNESS

DAY TIME FITNESS

EFFECTIVE JANUARY 9, 2012

<p>Monday</p> <p>5:50 am- 6:50am - Cycling - Studio 2</p> <p>9:00am - 10:15am - Muscle Definition- Studio 2</p> <p>9:00am -9:30am -BASIC PIYO - Studio 1</p> <p>9:30am-10:30am - PIYO - Studio 1</p> <p>10:30am-11:30am - Pilates - Studio 2</p> <p>11am - 12:00pm - Forever Fit - Studio 1</p>	<p>Friday</p> <p>5:50 am - 6:50am - Cycling - Studio 2</p> <p>9:00am -10:00am - Zumba - Studio 1</p> <p>10:00am-10:30am - Zumba Toning - Studio 1</p> <p>9:15am-10:30am - Muscle Definition - Studio 2</p> <p>10:30am-11:30am -PIYO - Studio 2</p> <p>12:15pm-12:45pm - Cycling - Studio 2</p>
<p>Tuesday</p> <p>5:50 am - 6:50am -Cycling - Studio 2</p> <p>9:30am-10:30am - Cardio Blast - Studio 1</p> <p>9:30am-10:30am - Pilates - Studio 2</p> <p>10:30am-11:30am -PIYO - Studio 2</p> <p>11:00 am- 12:00pm - Forever Fit - Studio 1</p>	<p>Saturday</p> <p>8am -8:50am - Sunrise Yoga - Studio 1</p> <p>9:00am-9:50am - Zumba - Studio 1</p> <p>9:00am-9:50am - Interval Cycling - Studio 2</p> <p>10:00am-10:50am - Turbo Kick - Studio 1</p> <p>10:00am-10:50am - Cardio Blast - Studio 2</p> <p>11:00am -11:50am -Yoga - Studio 1</p> <p>11:00a -11:50am - Muscle Definition - Studio 2</p>
<p>Wednesday</p> <p>6:00 am -7:00am - Sunrise Yoga - Studio 1</p> <p>9:00am -10:00am - Zumba - Studio 1</p> <p>10:00am-10:30am - Zumba Toning - Studio 1</p> <p>10:30am-11:30am - PIYO - Studio 2</p> <p>11:00am - 12:00pm - Forever Fit - Studio 1</p> <p>12:15pm-12:45pm - BASIC Cycling - Studio 2</p>	<p>Sunday</p> <p>No morning/noon classes</p>
<p>Thursday</p> <p>5:50 am- 6:50am -Cycling - Studio 2</p> <p>9:30am-10:30am - Cardio Blast - Studio 1</p> <p>10:30am-11:30am -Yoga - Studio 2</p> <p>11:00 am - 12:00pm - Forever Fit - Studio 1</p>	<p>Updated 01/04/2012</p>



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH WELL-BEING & FITNESS

NIGHT TIME FITNESS

EFFECTIVE JANUARY 9, 2012

Monday

- 5:00pm- 6:00pm – PIYO – **Studio 1**
- 5:00pm- 5:50pm – Muscle Definition – **Studio 2**
- 6:00pm-7:00pm – Turbo Kick – **Studio 1**
- 6:00pm-6:30pm – Quick Spin – **Studio 2**
- 6:35pm-7:30pm – Zumba – **Studio 2**
- 7:15p-7:45pm – Youth/Beginner Tae Kwon Do – **Studio 1**
- 7:45p-8:45p – Intermediate/Adv Tae Kwon Do – **Studio 1**
- 8:00pm-9:00pm – Kenpo – **Studio 2**

Tuesday

- 4:30pm –5:00pm- BASIC Cardio Blast - **Studio 1**
- 5:00pm-6:00pm – Cardio Blast – **Studio 1**
- 5:30p-6:00pm – Core & More – **Studio 2**
- 6:05p-6:55pm – Step & Core – **Studio 2**
- 6:15p-6:45pm - Youth/Beginner Tae Kwon Do – **Studio 1**
- 6:45p-7:45pm – Intermediate/Adv Tae Kwon Do- **Studio 1**
- 7:05pm-7:55pm – Cycling - **Studio 2**
- 8:00pm-9:00pm –Yoga – **Studio 1**

Wednesday

- 5:30pm-6:30pm – Turbo Kick – **Studio 1**
- 6:35p- 7:30pm – Zumba – **Studio 1**
- 7:30pm-8:00pm – Kid’s Fitness – **Studio 1**
- 4:30pm-5:00pm –BASIC Muscle Definition – **Studio 2**
- 5:00pm – 5:50pm – Muscle Definition – **Studio 2**
- 6:00p-6:30pm – Quick Spin – **Studio 2**
- 6:35pm-7:30pm – Cardio Blast– **Studio 2**

Thursday

- 4:30pm-5:00pm –BASIC Cardio Kick– **Studio 1**
- 5:00pm-5:55pm – Cardio Kick & Core - **Studio 1**
- 5:30pm-6:00pm – Core & More – **Studio 2**
- 6:00pm-7:00pm –Yoga – **Studio 1**
- 6:05pm-6:55pm – Interval Step – **Studio 2**
- 7:05pm-7:55pm –Cycling – **Studio 2**
- 8:00pm-9:00pm – Kenpo – **Studio 2**

Friday

- 5:30pm-6:30pm – Zumba – **Studio 1**
- 6:30pm – 7:30pm –Yoga – **Studio 1**
- 7:00p-7:30pm - BASIC Dance – **Studio 2**
- 7:30p – 8:30pm - Dance Fitness – **Studio 2**

Saturday

No afternoon/evening classes

Sunday

- 2:15pm-3:15pm –Cycling – **Studio 2**
- 3:30pm-4:30pm – Step Basics – **Studio 2**
- 4:30pm-5:00pm – Core – **Studio 2**
- 5:00pm –6:00pm - Dance Fitness – **Studio 1**

Updated 01/04/2012