

# Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5:30am-6:20am</b>		BodyFIT Jenny		BodyFIT Jenny	
<b>8:00am-8:50am</b>		Low Impact Aerobics Sandy		Low Impact Aerobics Sandy	
<b>8:15am-9:30am</b>	Sculpt Jenny	Sculpt Jenny	Sculpt Jenny	Sculpt Jenny	
<b>9:00am-9:30am</b>		TBW Sandy		TBW Sandy	
<b>9:00am-10:00 am</b>	Stretch & Flex* Jan/Virgil		Stretch & Flex* Jan/Virgil		Stretch & Flex* Jan/Virgil
<b>9:00am-10:00am</b>	Spin Fusion Jessy		Spin Fusion Jessy		
<b>9:40am-10:25am</b>		BodyFIT Jenny		BodyFIT Jenny	
<b>11:00am-11:50am</b>	FIT 50+ Jessy		FIT 50+ Jessy		
<b>12:15pm-12:45pm</b>		Spin Express Jessy		Spin Express Jessy	
<b>4:30pm-5:20pm</b>	FIT Kelli	GymFIT Kelli	FIT Kelli	GymFIT Kelli	
<b>5:30pm-6:00pm</b>	KickFIT Kelli		KickFIT Kelli		
<b>5:30pm-6:00pm</b>		<b>ASK THE TRAINER</b> In the fitness Center *1st 4 weeks		<b>ASK THE TRAINER</b> In the fitness Center *1st 4 weeks	
<b>5:45pm-6:30pm</b>		GymFIT Kelli *begins February 5th		GymFIT Kelli *begins February 5th	
<b>6:10pm-6:40pm</b>	Yoga Dana		Yoga Dana		
<b>6:15pm-6:45pm</b>	Spin Express Kelli		Spin Express Kelli		

\*\* Schedule Subject to Change