



**PHONE:**  
**(910) 259-0422**

## **GROUP FITNESS SCHEDULE**

### **JANUARY, 2008**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:30 – 9:30</b> <b>BODY PUMP</b>	<b>8:30 – 9:30</b> <b>JAB &amp; TONE</b>	<b>8:30 – 9:35</b> <b>BODY PUMP</b>	<b>8:30 – 9:30</b> <b>CARDIO BLAST</b>	<b>8:30 – 9:30</b> <b>BODY PUMP</b>
<b>9:40 – 10:40</b> <b>YOGA</b>	<b>9:40 – 10:40</b> <b>YOGA</b>	<b>9:40 – 10:40</b> <b>PILATES</b>	<b>9:40 – 10:40</b> <b>YOGA</b>	<b>9:40-10:40</b> <b>PILATES</b>
<b>10:45-11:30</b> <b>Fit Over 50</b>		<b>10:45- 11:30</b> <b>Fit Over 50</b>	<b>10:45 -11:30</b> <b>Fit Over 50</b>	
	<b>12:05 – 12:55</b> <b>BODY PUMP</b>	<b>12:15 – 12:45</b> <b>WAIST DOWN</b>	<b>12:15-12:45</b> <b>BEGINNING STEP</b>	
<b>6:00-7:00</b> <b>BODY PUMP</b>	<b>6:00-7:00</b> <b>CARDIO BLAST</b>	<b>6:40 –7:40</b> <b>YOGA</b>	<b>6:00 – 7:00</b> <b>BODY PUMP</b>	
<b>7:10</b> <b>YOGA</b>				

