

# FITNESS *plus*

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>SPIN &amp; STRENGTH</b> 8:30 – 9:30 Robin 😊	<b>SPIN &amp; STRENGTH</b> 9:00 – 10:00 Debra	<b>SPINNING</b> 5:30 – 6:30 Nancy	<b>CHISEL</b> 5:30 – 6:30 ☆ Beth	<b>REP REEBOK</b> 9:00 – 10:15 Linda	☆ <b>BOOT CAMP</b> 5:30 – 6:30 Nancy	20/20/20 9:00 – 10:00 Jessica
		<b>MUSCLE CONDITIONING</b> 9:00 – 10:15 Beth	<b>STEP</b> 9:00 – 10:00 Debra 😊		<b>SPINNING</b> 9:00 – 10:00 Laura	
	GUTTS & BUTTS 5:00 – 5:30  20/20/20 5:30 – 6:30 Jessica	<b>SPINNING</b> 9:00–10:00 Susan	<b>CHISEL</b> 5:30 – 6:30 Jessica 😊	<b>MUSCLE CONDITIONING</b> 5:00 - 6:00 Beth	<b>Kick &amp; Tone</b> 9:00 – 10:00 ☆ Jessica	Please sign up for Spinning at front desk. If you will not be attending class, you MUST call at least ½ hour prior to class to cancel.
<b>Schedule effective 6/20/10</b>	<b>SPINNING</b> 6:00 -7:00 Nancy	<b>MUSCLE CONDITIONING</b> 5:30 – 6:30 Cheryl	<b>YOGA</b> 7:00 – 8:00 Andrea	<b>ZUMBA</b> 6:00 – 7:00 Amy		☆ <b>New Class</b>  😊 <b>Time Change</b>
	<b>PILATES</b> 7:00 – 8:00 Tomoko					

# Summer Aerobics Schedule

