

# GROUP EXERCISE

Schedule: March and April 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 - 9:00 a.m. Silver Sneakers	8:00 - 8:30 a.m. A.O.A.	8:15 - 9:00 a.m. Silver Sneakers	8:00 - 8:30 a.m. A.O.A.		8:30-9:15 a.m. Power Sculpt
	8:30 - 9:15 a.m. Silver Sneakers		8:30 - 9:15 a.m. Silver Sneakers		
9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks
9:30-10:30 a.m. Step & Tone	9:30-9:45 a.m. Rear Attitude	9:30-10:30 a.m. Step & Tone	9:30-9:45 a.m. Rear Attitude	9:30-10:30 a.m. F.I. T.	9:30-10:30 a.m. Step & Tone
	9:45-10:30 a.m. Power Hour		9:45-10:30 a.m. Power Hour		
4:30-5:15 p.m. Total Body		4:30-5:15 p.m. Pump it Up			
5:15-5:30 p.m. Abworks	Cardio Salsa 5:15-6:00 p.m.	5:15-5:30 p.m. Abworks	Cardio Salsa 5:15-6:00 p.m.		
5:30-6:30 p.m. Step & Tone	6:00 -6:15 p.m. Abworks	5:30-6:30 p.m. Step & Tone	6:00 - 6:15 p.m. Abworks		
	6:15-7:00 p.m. Kickboxing		6:15-7:00 p.m. Kickboxing		

