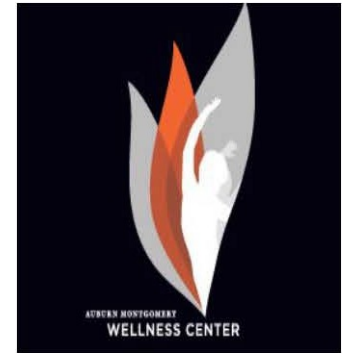




WELLNESS CENTER GROUP FITNESS CLASSES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

11:30 Step Fit
12:30 Yoga
4:30 Butts & Guts
5:30 Yoga
5:45 Spin
6:30 Zumba
6:30 GRIND

5:30 Warhawk Weights
7:00 Slow Flow Yoga
10:30 Act. Stretch
11:30 Body Barre
1:00 Zumba Toning
3:00 Zumba
4:15 MIXXEDFIT
5:15 Kettlebell AMPD
5:30 Cycling
6:00 Warhawk Weights

5:30 Sunrise Cycle
12:30 Jungle BodyBURN
4:00 Arms & Abs
4:30 Step Fit
5:30 Yoga
5:30 Spin Plus
6:30 Zumba

5:30 Warhawk Weights
7:00 Slow Flow Yoga
10:30 Act Stretch
11:30 Body Barre
12:30 Chinese Dance
3:00 Zumba Toning
5:15 Ab Blast
5:30 Cycling
6:00 Warhawk Weights

5:30 Spin
11:30 Jungle Body-Konga
12:30 Yoga

SATURDAY

8:45 Kettlebell AMPD
9:30 Zumba
10:30 Pilates