



Group Fitness Schedule
Effective March 1st
•March 2010

MONDAY		
5:00-6:00am	BodyPump	Shannon
7:30-8:30am	Fit Over 50	Sue M.
8:30-9:30am	Spin	Sue S.
8:30-9:30am	BodyCombat	Traci
9:30-10:30am	BodyPump	Traci
4:30-5:30pm	Pilates Mat	Shelly
5:30-6:30pm	Spin	Karin
5:30-6:30pm	BodyPump	Lisa
6:35-7:35pm	Zumba	Mickey

TUESDAY		
8:30-9:30am	BodyCombat	Wendy
9:35-10:35am	BodyPump	Sheila
10:40-10:55am	Abs-olutely	Sheila
4:30-5:30pm	BodyPump	Danna
5:30-6:30pm	BodyCombat	Danna
6:30-7:30pm	Step	Ruth

WEDNESDAY		
5:00-6:00am	BodyPump	Alt
6:00-6:30am	Core Circuit	Shannon
7:30-8:30am	Fit Over 50	Karin
8:45-9:45am	BodyPump	Wendy
10:00-11:00am	Zumba	Leslie
5:10-5:30pm	Abs-olutely	Danna
5:30-6:30pm	Spin	Lisa
5:30-6:30pm	BodyPump	Danna
6:30-7:00pm	Mini BodyCombat	Danna

THURSDAY		
8:30-9:30am	Spin	Beccy
8:30-9:30am	BodyCombat	Ro
9:35-10:35am	BodyPump	Sheila
10:40-10:55am	Abs-olutely	Sheila
4:30-5:30pm	BodyPump	Susie
5:30-6:30pm	BodyCombat	Susie/Gabe
6:30-7:30pm	Hip Hop	Nnanna

FRIDAY		
5:00-6:00am	BodyPump	Shannon
7:30-8:30am	Fit Over 50	Karin
8:30-9:30am	Spin	Karin
8:30-9:30am	Step	Wendy
9:30-10:30am	BodyPump	Wendy
4:30-5:30pm	BodyCombat	Alt. Instructor
5:30-6:30pm	BodyPump	Alt. Instructor

SATURDAY		
8:30-9:30am	BodyPump*	Alt. Instructor
9:30-10:30am	BodyCombat	Alt. Instructor

SUNDAY		
8:00-9:30am	Spin	Karin
9:00-10:00am	BodyPump	Alt. Instructor
10:00-11:00am	BodyCombat	Alt. Instructor

KIDS ZONE HOURS:

MONDAY-FRIDAY 8:00AM--NOON, 4PM-8PM

SATURDAYS 8AM-1PM

Classes & Instructors subject to change

Available online @ www.peakfitnessusa.com

