



# Group Fitness Schedule

Effective July 5th, 2010

## JULY-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
9:35-10:35am	BodyPump	Traci
10:40-11:40am	Yoga	Leslie
4:30-5:30pm	BodyCombat	Ro
5:30-6:30pm	BodyPump	Lisa
6:35-7:35pm	Zumba	Mickey

TUESDAY		
8:30-9:30am	BodyCombat	Wendy
9:30-10:30am	BodyPump	Sheila
10:35-10:55am	Abs-ollutely	Sheila
4:30-5:30pm	BodyPump	Danna
5:30-6:30pm	BodyCombat	Danna

WEDNESDAY		
5:00-6:00am	BodyPump	Shannon
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	BodyPump	Danna
5:30-6:30pm	Spin	Lisa
6:30-7:00pm	BodyCombat - mini	Danna

THURSDAY		
8:30-9:30am	Spin	Beccy
8:30-9:30am	BodyCombat	Ro
9:30-10:30am	BodyPump	Sheila
10:35-10:55am	Abs-ollutely	Sheila
4:30-5:30pm	BodyPump	Susie/Gabe
5:30-6:30pm	BodyCombat	Susie/Gabe

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
9:35-10:35am	BodyCombat	Alt.Instructor

SUNDAY		
9:00-10:00am	BodyPump	Alt.Instructor
10:05-11:05am	BodyCombat	Alt.Instructor

### Kids Zone Hours:

Monday - Friday 8:00am--Noon, 4pm-8pm

Saturdays 8am-1pm



BodyJam will start Friday, July 16th

Classes and instructors subject to change

Schedules available online @

[www.peakfitnessusa.com](http://www.peakfitnessusa.com)

815-398-7300