

# GROUP FITNESS CLASS SCHEDULE

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>6:00 am</b>	Muscle Works Ron	Muscle Works Charley	Muscle Works Ron	Muscle Works Corey	Muscle Works Ron
<b>8:30 am</b>	Cardio & Core Instructors Vary (Ladies only)	Cardio Fusion Susan (Ladies only)	Pilates Muscle Dawn (Ladies only)	Cardio Fusion Susan (Ladies only)	Balance & Stretch Jane (Ladies only)
<b>9:30 am</b>		Body Sculpt Carol (Ladies only)		Body Sculpt Plus Carol (Ladies only)	
<b>12:00 pm</b>	Senior-Fit Class Stevie		Senior-Fit Class Stevie		
<b>1:30 pm</b>					REFIT® Chrissy (Ladies only)
<b>5:30 pm</b>	Cardio Circuit Nicki			Cardio Circuit Brad	
<b>6:00 pm</b>	Zumba® Beth (Ladies only)			REFIT® Once a month- 1st Thursday Chrissy (Ladies only)	

