

Group Exercise Schedule

March 2010

| <i>Time</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|-------------|-------------------------|-------------------------|--------------------------|-----------------------------|-------------------------|---|
| 6:00am | Muscle Firm Stacia | | Muscle Firm Stacia | | Interval Step Stacia | Indoor Cycling 10:00am Julie/Ashley |
| 11:10am | Yoga Lisa | Muscle Firm Kelley | Kickboxing Kelley | Muscle Firm Kelley | Indoor Cycling Kylie | |
| 12:00pm | Indoor Cycling Mary | Indoor Cycling Kylie | Indoor Cycling Mary | Indoor Cycling Ashley | | |
| 12:10pm | Boot Camp Barb | Sparta Josh | Pilates Dianne | Step Barb | Sparta Josh | |
| 1:10pm | Abs & Core Ashley | Pilates Susan | Zumba Tiffanie | Muscle Firm Sandy/Ashley | | |
| 4:30pm | | Zumba Tiffanie | | | | |
| 5:00pm | Indoor Cycling Julie | | Indoor Cycling Ashley | Indoor Cycling Susan | | |

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AT STRAWBERRY SQUARE

SEE YOURSELF FIT

If you would like to schedule an ex

ter tour or have questions p