


Fitness Class Schedule

Spring 2007




Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Power Flex w/ Patty	Sports Camp <i>Sports Camp</i> w/ Patty	Chisel w/ Serena	Melt Your Belt <i>Melt Your Belt</i> w/ Patty	Tour de Stroops w/ Nichole	
	Tour de Stroops w/ John		Tour de Stroops w/Mel			
9:00 AM	Extreme Chisel	Step Interval <i>Step Interval</i> w/ Jaylynn	Power Flex w/ Liz	Cardio Kick ending @ 10:30 w/ Amy/Liz	Extreme Chisel	8:30 AM Power Flex (Instructor Rotation)
10:00 AM	w/ Amy	Tour de Stroops w/ Mel		Tour de Stroops w/ Mel	w/ Teresa	9:30 AM Tour de Stroops w/ Nichole
12:00 Noon		Tour de Stroops w/ Daniele		Tour de Stroops w/ Daniele		
5:30 PM	Power Flex w/ Melanie	Kickboxing w/ Elvera	Tour de Stroops w/ Elvera	Bellies n' Buns w/ Cathleen		
6:45 PM	Sports Camp <i>Sports Camp</i> w/ Nichole			Sports Camp <i>Sports Camp</i> w/ Nichole		



CLUB HOURS

Mon-Thurs 5 am-10 pm	Friday 5 am-7 pm	Saturday 6:30-5 pm
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Phone# 776-3398

Mon-Friday 8:30 am-noon	
Mon-Thurs 5-7 pm	Saturday 8:30-11:30 am