



Fitness Schedule – Effective Jan 4 – July 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	6:00-6:45am CCW	6:00-6:45am All About Muscle	6:00-6:45am CCW	6:00-6:45am All About Muscle	6:00-6:45am CCW
	9:00-10:00am Step & Pump	9:15-10:15am Zumba	9:00-10:00am Muscle Circuit	9:15-10:15am Zumba	9:00-10:00am Athletic Land
		10:30-11:15am Fit After 50		10:30-11:15am Fit After 50	
Afternoon	12:10-12:50pm Nooner		12:10-12:50pm Nooner		12:10-12:50pm Nooner
Evening	5:00-6:00pm Yoga				
	5:15-6:15pm Boot Camp		5:15-6:15pm Ball Conditioning		
	6:15-7:15pm Zumba @AIM		6:15-7:15pm Zumba @AIM	6:15-7:45pm Power Pilates "Registration"	
	6:30-7:30pm Cardio Blast	6:30-7:30pm Yoga		6:30-7:30pm Yoga	
	7:30-8:30pm Ballet Fit @AIM "Registration"				

**@AIM – held at Art in Motion Studio

For more information call the Sportsplex 250.615.3000