

Fall Fitness Schedule
Set I Sept 7th – Oct 29th /Set II Nov 1st – Dec 17th

*Registration classes have different timelines

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Complete Cardio Mix		Complete Cardio Mix		Complete Cardio Mix
9:00am	Step	Zumba @9:15am	Muscle Circuit	Zumba @9:15am	Athletic Land
10:30am		Fit After 50		Fit After 50	
5:15pm	Boot Camp NEW		Total Ball Conditioning		
6:30pm	Cardio Blast	Yoga	Zumba	Yoga	Zumba
8:15pm	Adult Ballet REGISTRATION ONLY				

Revised: September 1, 2010