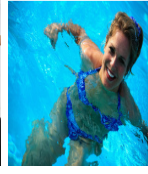
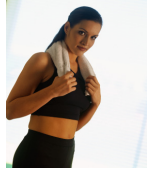


GROUP FITNESS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am - 6:45 a.m.	Pilates Mat		Zen Kick				
8:30 a.m. - 9:30 a.m.		Core Challenge		Core Challenge			
8:45 a.m. - 10:00 a.m.	Water Fitness (8:45-9:45 am)	Water Challenge	Water Fitness (8:45-9:45 am)	Water Challenge	Water Fitness (8:45-9:45 am)		
9:00 a.m. - 10:00 a.m.	Step Aerobics		Step & Strengthen (9:00-10:30 am)		Step Aerobics	Zen Kick (9:00-10:15 am)	
9:30 a.m. - 10:45 a.m.		Strength & Tone (9:45-10:45 am)		Strength & Tone (9:45-10:45 am)			
10:15 a.m. - 12:00 p.m.	Hatha Yoga (10:15-11:30 am)		Hatha Yoga (10:45-12:00 pm)		Hatha Yoga (10:15-11:30 am)		
4:00 p.m. - 5:00 p.m.							
5:30 p.m. - 6:30 p.m.		Power Intervals	Pilates Mat	100% Pure Step			
6:00 p.m. - 7:00 p.m.							