

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GOT BALLS? 5:45 - 6:45 AM	BODY TONING 5:45 - 6:45 AM	INTERVALS 5:45-6:45AM		BODY TONING 5:45 - 6:45 AM		
					Ab Attack 3/8,3/22,4/5,4/19,5/3 8:45- 9:15am Pre-Registration and Walk Ins	
Step & Strength 9:30-10:30AM	PILATES 9:30-10:30 AM	BOOT CAMP 9:30 - 10:30 AM	PILATES 9:30-10:30 AM	Step & Strength 9:30-10:30 AM	BODY TONING 9:15-10:15 AM	
BODY TONING 5:15-6:15 PM	Target/Toning 5:00PM-6:00PM 2/5/08-3/25/08 Pre-Registration Required	BODY TONING 5:15 - 6:15 PM				
Cardio on the Ball 6:30 - 7:30 PM Preregistration is required. Schedule to start when enrollment is 5 or more.	PILATES 6:15 - 7:15 PM		PILATES 6:15 - 7:15 PM			
			Beginners Pilates 7:30PM-8:30PM 1/10/08-3/20/08 Pre-Registration Required			

Tummy Tuck and Beginner Pilates require preregistration and payment in full prior to start of these programs. A minimum number of registrants are required.

For additional information see reception desk or flyers located in wall pockets!