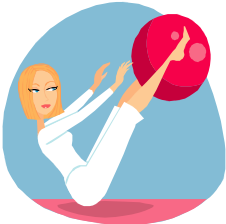




Spring Semester Group Fitness Schedule effective 3/25/08-5/9/08

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					
	<p>12:15-12:45 Total Body</p> <p>2:30– 3:15 Beginner / Intermediate Kickboxing</p>		<p>12:15-12:45 Total Body</p>		
<p>4:00-5:00 Power Yoga</p>	<p>4:30-5:00 Kickboxing Xpress 30 minute workout</p>	<p>4:00-4:45 Cardio Challenge **mixed with upper body strength training intervals**</p>	<p>4:15-5:00 Cardio Kickboxing + ABS</p>	<p>4:00-4:45 Power Yoga</p>	
<p>5-5:15 Awesome abs</p>	<p>5:00-5:30 Butts & Guts</p>		<p>Roe</p>		
<p>7:00-8:00 Boot Camp Steve Lifesports Center</p>			<p>5:15-6:15 Pilates</p>		
			<p>Roe</p>		
<p>****Classes are all-levels, work at your individual pace!****</p>					