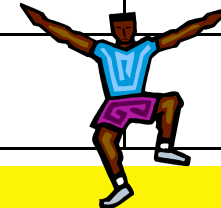




March Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM			Boot Camp w/Will		Boot Camp w/Will		
5:45 AM		X-Biking w/Wendy (High Intensity)		X-Biking w/Wendy (High Intensity)			
8:00 AM							Boot Camp w/Will
9:00 AM	High Impact Step w/Ramona	Sculpting Aerobics w/Ramona	Cardio/Pilates w/Wendy	Sculpting Aerobics w/Debra	Boot Camp w/Ramona	Cardio Salsa w/Ramona	
						X-Biking Rotating Instructors	
10:00 AM	X-Biking w/Wendy	X-Biking w/Debra (Intermediate)	Cardio/Pilates w/Wendy			Yoga/Pilates w/Wendy	
4:30 PM	Cross Training w/Debra	Cardio Kickboxing w/Ramona	Cross Training w/Debra	Cardio Kickboxing w/Ramona			
5:30 PM	Cardio Salsa w/Ramona	Pilates w/Wendy	Cardio Salsa w/Ramona	Pilates w/Wendy			
6:00 PM	X-Biking w/Renee	X-Biking w/Debra	X-Biking w/Karen				
6:30 PM	Yoga/Pilates w/Ramona	Cross Training w/Karen	Yoga/Pilates w/Wendy	Cross Training w/Karen			
7:30 PM							



*** ALL CLASSES ARE NOW CO-ED!!! ***