

Our Club Health & Fitness Center

Group Exercise Class Schedule

July 26 - August 1, 2010

	Mon 26	Tues 27	Wed 28	Thurs 29	Fri 30	Sat 31	Sun 1
5:45am	Bootcamp Maria		Bootcamp Maria				
6:00am		Step Interval Maria		Step Interval Maria			
7:00am	30 min. Yoga Jon		30 min. Yoga Jon				
7:30am	Pilates Diane	7:15 Yoga Jonathan	Pilates Cheryl	7:15 Yoga Jonathan	7:15 Yoga Jonathan		
8:20am	Zumba Susan	Body Sculpt Elena	Zumba Grace	Body Sculpt Maria	Intense Intervals Maria	8:15 Pilates Kristin	
9:30am	Step Sharon	Zumba Marcie	Step Maria	Turbulence Training Maria	Step/Int Sharon M	9:00 Cardio Kickbox Kristin	
10:30am	Abs & More Sharon	10:45 Yoga Dena	Ab Meltdown Dena	10:45 Yoga sub	Abs & More Sharon P	10:00 I. I. Accumulator Maria	10:15 Intervals Elena
11:00am	Cardio Sculpt Jean		Cardio Sculpt Jean		Cardio Sculpt Jean	Body Sculpt Matt	11:15 Body Sculpt Elena
12 noon	Beginner Yoga Gigi		Yoga Relaxation Diane		Chair Yoga Therapy Gigi	Yoga Diane	
4:00pm		Yoga Diane		Karma Kids Joanna			
5:15pm	Step Charlotte	Be Strong Maria	Step Maria	Pilates Fundamentals 45 min. Renee	Basic Step Sharon		
6:15pm	Intense Intervals Maria	6:00pm Step Intervals Sharon	Zumba Jana	6:00pm Insane Intervals Maria	Zumba Shannon		
7:15pm	Body Sculpting Matt		Body Sculpting Matt	7:00 Be Strong Maria			
8:00pm		Yoga Denise		Yoga Diane			

**Instructors and classes subject to change*

321-773-4425

www.ourclubfitness.com

Email Maria at Ladyofamerica@aol.com w/questions.

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