

EFFECTIVE November 2009--For more information and Unit PT's call Barbie Buran at 763-4070

Fitness Center	Mon	Tues	Weds	Thurs	Fri
Semper Fit Fieldhouse 725-6394	0600 Turbo Kick Marshalee 1130 Yoga Sandra 1130 Survival Cycle & Abs Barbie 1815 Warrior Meditation Ilene	0600 Survival Cycle Cari SET 1130 Michelle 1815 Survival Cycle & Abs Anita 1900 Zumba Kelly Nesbeth	0600 Yoga Rene 1130 Zumba Sonia 1130 Survival Cycle & Abs Elizabeth 1815 Tae Kwon Do Master Yang 1930 Salsa Dance Rey	0600 Survival Cycle Violet 1130 Bosu Boot Camp Barbie 1700 Steppin' Up Dottie 1900 Zumba Kelly Nesbeth	0600 Boot Camp Saranette 1130 Yoga Leslie D.
14 AFC 725-5941	0900 Shape Attack April 1130 Gut Cut & Weights Dottie	1000 Forever Fit Violet 1730 Yoga Sandra	0900 Total Body workout Julie 1130 Gut Cut & Step Drills Dottie Zumba 1830 Kelly Nesbeth	1000 Forever Fit Violet 1730 Yoga Sandra	0900 Powerflex & Gut Cut Barbie
21 AFC 725-2951	1130 Survival Cycle & Abs Elizabeth 1730 Yoga Katherine 1830 SET Michelle	1130 Yoga Sunrise 1730 Combat KB Whitney 1830 Interval Jam Whitney	1130 Survival Cycle & Abs Leslie D. 1730 Yoga Christa	1130 Survival Cycle April 1730 Zumba Patrice 1830 Pilates Patrice	1130 Survival Cycle & Abs Violet
22 AFC 725-3163	1130 Gut Cut, Buns & Guns Rene			1130 Yoga Kathryn	
Hospital FC 725-1366		1130 Gut Cut & Weights Violet		1130 Gut Cut & Weights Violet	
33 AFC 725-8737		1130 Survival Cycle & Abs Elizabeth	1130 Yoga Cari	1130 Cycle & Abs Jana	
43 AFC 725-3468	1130 Survival Cycle & Abs Joe H.	1130 Combat Circuit Joe H.		1130 Survival Cycle & Abs Julie	
52 AFC 725-7262	1130 Survival Cycle Joe A.	1130 Survival Cycle & Stretch Mary Zumba 1830 Valerie	1130 Survival Cycle & Abs 1130 Jana	Zumba Party 1830 Valerie	
14 Area Pool 725-5084	0930 Aqua Groove Christa		0930 Aqua Groove Jana		0930 Aqua Groove Jana

