



Classes Listed Here are **FREE** with Gym Membership

TIME	MON	TUES	WED	THUR	FRI	SAT
6:00 AM to 6:45 AM	A.M. Burn w/Jennifer				A.M. Burn w/Jennifer	
9:00 AM to 9:45 AM		Body Sculpt w/Berni		Body Sculpt w/Berni		
9:30 AM to 10:00 AM	Ab Blast w/Berni					
10:00 AM to 11:00 AM	Zumba Express 30 min w/Berni					Power Yoga w/Adrienne
11:30 AM to 12:00 PM			Zumba Express 30 min w/Berni			
5:10 PM to 5:55 PM			Turbo Kick w/Jackie			
5:15 PM to 6:10 PM				Body Sculpt w/Jennifer		
5:20 PM to 5:55 PM	Kickboxing w/Berni					
5:30 PM to 6:20 PM		Zumba w/Berni			Zumba w/Jennifer	
6:00 PM to 6:30 PM	Gutts & Butts w/Berni		Gutts & Butts w/Berni			
6:15 PM to 6:50 PM				Kickboxing w/Jennifer		
6:35 PM to 7:30 PM	Turbo Kick w/Jackie	Flow Yoga Lev 1 to Lev 3 w/Adrienne				