

# FITNESSES

|  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                            |
|--|--|---|--|---|--|---|-----------------------------------|
|  | Group Personal Training*<br><b>5:00AM</b><br>Donna | Cycle<br><b>7:15AM</b><br>Christi                 | Group Personal Training*<br><b>5:00AM</b><br>Donna   | Cycle<br><b>7:15AM</b><br>Heather                 | Group Personal Training*<br><b>5:00AM</b><br>Donna | Cycle<br><b>8:00AM</b><br>Christi                 | Cycle<br><b>8:00AM</b><br>Jessica |
|  | Group Personal Training*<br><b>6:00AM</b><br>Cyndy | Cycle<br><b>9:00AM</b><br>Heather                 | Group Personal Training*<br><b>6:00AM</b><br>Heather | Total Body Conditioning<br><b>9:15AM</b><br>Donne | Group Personal Training*<br><b>6:00AM</b><br>Cyndy | Powerlates<br><b>8:00AM</b><br>Chris              | Tabata<br><b>8:15AM</b><br>Donne  |
|  | Group Personal Training*<br><b>7:00AM</b><br>Cyndy | Total Body Conditioning<br><b>9:15AM</b><br>Donne | Group Personal Training*<br><b>7:00AM</b><br>Heather |   | Group Personal Training*<br><b>7:00AM</b><br>Cyndy | Group Personal Training<br><b>9:15AM</b><br>Cyndy | Barre<br><b>9:15AM</b><br>Donne   |
|  | Group Personal Training*<br><b>8:00AM</b><br>Cyndy |   | Group Personal Training*<br><b>8:00AM</b><br>Heather |   | Group Personal Training*<br><b>8:00AM</b><br>Cyndy |   |                                   |
|  |  |   | Barre<br><b>9:15AM</b><br>Jessica                    |   | Cycle<br><b>8:15AM</b><br>Christi                  |   |                                   |
|  |  |   | Group Personal Training*<br><b>4:30PM</b><br>Heather | Yoga Sculpt<br><b>5:45PM</b><br>Penelope          | Barre<br><b>9:15AM</b><br>Jessica                  |   |                                   |

\*-Fitness Blocks

