

Group Fitness Schedule Ultimate Fitness Center

June 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	CARDIO BLAST <i>w/Gina</i>		CARDIO BLAST <i>w/Gina</i>		CARDIO BLAST <i>w/Gina</i>	
8:15 AM	IMPACT STEP <i>w/Vernon</i>	SCULPT <i>w/Vernon</i>	IMPACT STEP <i>w/Vernon</i>	SCULPT <i>w/Vernon</i>	IMPACT STEP <i>w/Vernon</i>	(8:30) CARIO BLAST <i>w/Gina</i>
9:30 AM	SILVER SNEAKERS (CARDIO CIRCUIT) <i>w/Vernon</i>	SILVER SNEAKERS (MSROM) <i>w/Vernon</i>	SILVER SNEAKERS (CARDIO CIRCUIT) <i>w/Vernon</i>	SILVER SNEAKERS (MSROM) <i>w/Vernon</i>	SILVER SNEAKERS (CARDIO CIRCUIT) <i>w/Vernon</i>	
3:30 PM	KICK IT <i>w/Diana</i>	FLEX <i>w/Diana</i>	DANCE PARTY <i>w/Diana</i>	FLEX <i>w/Diana</i>		
4:30 PM	KICK IT <i>w/Diana</i>	FLEX <i>w/Diana</i>	RIPS & CUTS <i>w/Diana</i>	HARD CORE <i>w/Diana</i>	KICK IT <i>w/Diana</i>	
5:30 PM	ZUMBA <i>w/Sophia</i>	KICKBOXING <i>w/Gina</i>	ZUMBA <i>w/Sophia</i>	STEP <i>w/Gina</i>	ZUMBA <i>w/Sophia</i>	
6:30 PM	STEP <i>w/Gina</i>	YOGA <i>w/Diana</i>	KICKBOXING <i>w/Gina</i>	YOGA <i>w/Diana</i>		
7:00 PM			JUI-JITSU GRAPPLING <i>w/Jessie</i>			
7:30 PM		ZUMBA <i>w/Areli</i>		ZUMBA <i>w/Areli</i>		
8:00 PM			INTRODUCTORY SALSA/MERENGUE DANCE <i>*additional fee may apply</i>		* Note: We are not responsible for lost or stolen items left in the aerobic room.	