

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 – 10:15 Step, Arms and Abs Tara S.	9:15 – 10:15 Cardio Sculpt Debbie	9:15 – 10:15 Power Pump Interval Tara S.	9:15 – 10:15 Bootcamp Boogie Rebecca	9:15 – 10:15 Cardio Fusion New Angela	8:30 – 9:15 Cycle Tara S./Liz	
11:00 – 12:00 Low-Impact Joyce		11:00 – 12:00 YogaFit Danette		11:00 – 12:00 Dance Interval Rebecca	9:30 – 10:30 Power Pump Interval Tara S./Liz	1:00 – 2:00 ZUMBA Jamie
4:30 – 5:30 H.E.A.T Angela		4:30 – 5:30 Warrior Princess Ashley				2:15 – 3:30 YogaFit Danette
5:45 – 6:45 Cardio Fusion New Holly	5:45 – 6:45 Power Pump Interval Ashley/Holly	6:00 – 7:00 Zumba Jamie	5:45 – 6:45 20/20/20 Carol			
7:00 – 8:00 ZUMBA Tara J.	7:00 – 8:00 20/20/20 Joyce	7:05 – 8:05 Pilates\$ January 11 – February 15 <i>(Must sign up by 1/6)</i>	7:00 – 8:00 Half n' Half New Joyce/April			

Schedule is subject to change on short notice. Please check bulletin board for updates.

An average of 14 participants is required for a class to remain on the schedule

\$ - These are fee based classes and limited to a small number for people – see the front desk for details

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 Please direct comments/suggestions to: Tara Stamper, Fitness Manager tara@shapewomen.com

Effective January 1, 2012