

Vision Quest Group Fitness Classes February 2012

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am		9am ABS Amy	NEW TIME	9AM ABS Shannon		9AM ABS Stephanie	7:45am (30 mins) WARRIOR TRAINING (crawling, jumping, lifting)
9:30am		9:30 Body Sculpt Amy	9:30 CYCLE Amy	9:30 Ball Sculpt Shannon	9:30 Cycle Fawn	9:30 Pilates Stephanie	NEW TIME 8:30 Cycle Jim
11:00am	11:30 till 1:30 ATA Martial Arts PAID		10:30AM ABS AMY		10:30 Piyo Fawn		9:45 - 11:15 CAMP JIM's INTERVALS (strength & cardio) 1.5 hours
NOON							
5:00pm		ABS 20 mins Jim	ABS 20 min. Jim	ABS 20 mins Jim	ABS 20 mins Jim		11:30 - Noon WARRIOR TRAINING (crawling, jumping, lifting)
5:30pm		Cycle Jim	Camp Jim's Intervals (strength & cardio)	Cycle Jim	Camp Jim's Intervals (strength & cardio)		
6:30pm		Zumba Tabitha	Total Body Toning Noreen	Zumba Tabitha	Zumba Tabitha	Zumba Tabitha	
7:30pm			ATA Martial Arts - PAID		ATA Martial Arts - PAID		

FREE CLASSES

WITH

MEMBERSHIP

EXCEPT

ATA MARTIAL ARTS CLASS