

## Vision Quest Group Fitness Classes July 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
							<b>NEW TIME 8:30</b>
9:00am Daycare opens		ABS Colleen		CORE Workout Linda		AB BLAST Linda	Cycle Random HR Ride Jim
9:30am		Cycle Colleen	Strength Intervals Colleen	Cycle Linda	<b>Zumba Tabitha</b>	PIYO Linda	<b>NEW TIME 9:45</b>
11:00am	<b>11:30 till 1:30</b> ATA Martial Arts PAID						<b>ADVANCED</b> Strength Training 9:45 - 11:15 Jim
<b>NOON</b>							
5:00pm		Beginner ABS 20 mins Jim	Advanced ABS 20 min. Jim	Beginner ABS 20 mins Jim	Advanced ABS 20 mins Jim		
5:30PM		<b>Cycle</b> Aerobic Intervals Jim	<b>ADVANCED</b> Strength Training Jim	<b>Cycle</b> Progressive HR Training Jim	<b>ADVANCED</b> Strength Training Jim		
6:30Pm		Zumba Tabitha	<b>BASIC</b> Total Body Toning Noreen	Zumba Tabitha	Zumba Tabitha	Zumba Tabitha	
7:30pm			<b>ATA Martial Arts</b> - PAID	<b>New Class</b> <b>Zumba Lisa</b>	<b>ATA Martial Arts</b> - PAID		

\*\*All Group Fitness Classes are FREE and included in Gold Plus membership\*\*