





























Vision Quest Kent Group Fitness 253-852-0747

DECEMBER GROUP EX

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM			 ANNETTE	 MIKEL*	 MIKEL**	 CARRIE	
8:30 AM							 SUSAN  MARC**
9:15 AM	 KIMI						
9:30 AM	 PATTY	 JILL	 JILL	 COLLEEN	 APRIL	 LEAH	 CHAR
10:00 AM							WEEKEND WARRIOR TRAVIS***
10:30 AM	 PATTY						 SHELLIE/MARC
12:00 NOON							AB LAB RYANN***
12:15 PM		PILATES ANN	 COLLEEN	PILATES ANN	 LEAH		
5:30 PM		 CHAR  ANNETTE	 APRIL  PATTY	 ANNETTE  MIKEL	 APRIL  PATTY		
6:30 PM		 CHAR	YOGA NADINE	ZUMBA CARRIE	 NADINE		
7:00 PM						ATA MARTIAL ARTS MELISSA***	
7:30 PM		ZUMBA CARRIE		ATA MARTIAL ARTS MELISSA***			
NO SCHEDULED GROUP FITNESS CLASS DECEMBER 23, 2010 THROUGH JANUARY 2, 2011							
**This is a practice class for instructor training							
***INDICATES A SEPARATELY PAID CLASS							

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Group Fitness
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