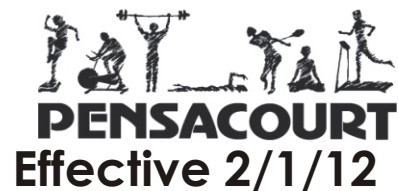


Group Fitness Schedule

9 Mile



Mon	Tue	Wed	Thu	Fri	Sat
6:00 NEW! Workout Express A:55 Arlene ②	8:15 Step A:55 Yuri ②	8:30 BCT A:55 Candy ①	8:30 50:50 A:55 Candy ①	8:00 Workout Express A:25 Yuri ②	8:30 Step/Sculpt A:90 Yuri/Gibson ②
9:00 Circuit Training A:55 Christine ②	9:00 Cycle B:55 Tammy ②	9:00 Cycle B:55 Heather ②	9:00 Cycle B:55 Christine ②	8:30 Step & Abs A:55 Yuri ②	9:00 Super Cycle B:90 Rotates ②
9:00 Cycle B:55 Heather ②	9:00 Yoga & Stretch C:55 Christine ①	10:00 Core N More C:55 Heather ②	9:30 Zumba A:55 Amanda ②	9:00 Cycle B:55 Tammy ②	10:00 Zumba A:55 Amanda ①
10:00 Pilates C:55 Heather ①	9:15 Zumba Express A:45 Amanda ①	10:00 Osteo A:55 Amanda ①	10:00 Awesome Abs C:25 Christine ①	9:30 SilverSneakers® A:55 Cindy ①	10:00 Yoga C:75 Cindy ①
10:00 Osteo A:55 Christine ①	10:00 Awesome Abs A:25 Christine ①	11:00 Silver Sneakers A:55 Heather ①	10:30 Pump It Up! A:55 Christine ①	10:00 Yoga C:75 Tammy ②	11:00 Abs & Arms A:25 Amanda ①
11:00 Silver Sneakers A:55 Heather ①	10:00 Yoga C:75 Tammy ①	5:00 Step & Abs A:55 Yuri ②	4:30 Circuit Training A:55 Tracy ①	10:30 Zumba Gold A:55 Karin ①	
4:30 Pump It Up! A:55 Cathy ②	10:30 Pump It Up! A:55 Christine ①	5:30 Yoga C:55 Valerie ②	5:30 Hip Hop Hustle A:55 Kathy ②	4:30 Kickbox A:55 Heather ①	
5:30 Cycle B:55 Cathy ②	4:30 H.A.T. A:25 Cathy ①	6:00 Hoop Dance & Fitness A:55 Laney ①	5:30 Cycle B:55 Tracy ①	5:30 Cycle B:55 Heather ①	
5:30 Kickbox A:55 Kathy ①	5:00 Core N More A:25 Cathy ②		5:30 Restorative Yoga C:55 Valerie ②		
5:30 Yoga C:75 Kendall ①	5:30 Zumba A:55 Katina ①				
	5:30 Cycle-N-Abs B:75 Cathy ②				
	5:30 Pilates C:75 Heather ②				

= AM Classes = PM Classes

*Please see the back of the schedule for the "Focus" of each week!

CLUB HOURS:
 Mon. - Thurs. 5:30a - 9:00p
 Friday 5:30a - 7:00p
 Saturday 7:00a - 6:00p
 Sunday 10:00a - 6:00p

Heather Greenwood,
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