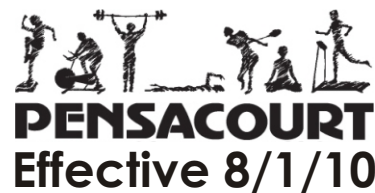
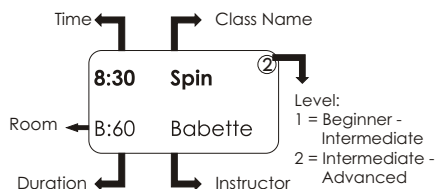


Group Fitness Schedule

Langley



Mon	Tue	Wed	Thu	Fri	Sat
8:30 Spin ^② B:60 Babette	5:45 Spin ^② B:60 Rena	8:30 Spin Circuits ^② B:60 Kerri	5:45 Spin ^② B:60 Rena	8:30 Pilates ^① A:55 Heather	8:30 Step ^② A:30 Karin
8:30 Boot Camp ^② A:55 Rena	8:15 Yoga ^① A:75 Elizabeth	9:00 Yoga ^① A:75 Elizabeth	8:30 Spin ^② B:60 Babette	8:30 Spin Joy Ride ^② B:60 Rena	9:00 Zumba ^② A:45 Karin
9:30 H.A.T. ^① A:30 Rena	8:30 Spin Circuits ^② B:60 Kerri	9:30 Body Design ^② B:55 Kerri	9:00 Beg. Yoga ^① A:75 Lynn	9:30 H.A.T. ^① A:30 Rena	9:00 Spin ^② B:60 Babette
10:15 Christian Yoga ^① A:75 Susan N.	9:30 Pilates ^① A:55 Kerri	12:00 Tai Chi ^① A:55 Tess	12:00 Balance ^① A:60 Dar	10:05 Yoga ^① A:55 Lynn B.	10:00 Basic Cardio Express ^① A:25 Susan
12:00 Tai Chi ^① A:55 Tess	12:00 Balance ^① A:60 Dar	1:00 Fitness Fusion ^① A:60 Tess	1:00 Balance ^① A:60 Dar	11:05 Restorative Yoga ^① A:50 Lynn B.	10:30 H.A.T. ^① A:25 Susan
1:00 Fitness Fusion ^① A:60 Dar	1:00 Balance ^① A:60 Dar	4:00 Cardio Express ^② A:25 Jennifer	5:00 Boot Camp ^① A:60 Jessica NEW!	1:00 Fitness Fusion ^① A:60 Tess	11:15 Yoga ^② A:75 Valerie
4:00 Cardio Express ^② A:25 Heather	5:00 Muscle Confusion ^① A:60 Arlene	4:30 Body Design ^① A:25 Jennifer	6:05 Yoga ^① A:75 Christa	5:00 Basic Cardio Sculpt ^① A:45 Susan	Sun
4:30 Body Design ^① A:25 Heather	5:45 Spin ^① B:60 Robetta NEW!	5:00 Cardio Express ^② A:25 Susan			4:00 Yoga ^① A:75 Bryan/Valerie
5:00 Cardio Express ^② A:25 Susan	6:05 Yoga-Lates ^① A:90 Tammy C.	5:30 Body Design ^① A:30 Susan			
5:30 Body Design ^① A:30 Susan		5:45 Spin ^② B:60 Cindy			
5:45 Spin ^② B:60 Tammy		6:05 Zumba ^② A:60 Karin			
6:05 Yoga ^① A:75 Bryan/Valerie					



= AM Classes = PM Classes

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

3001 Langley Avenue
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Tammy Cooper
 Group Fitness Director