



Fall Land Fitness Schedule 2010

Schedule subject to changes

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

50 minute	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLING						
5:00am						
8:00am		Kim W.		Kim W.		
9:00am	Cheyenne		Cheyenne			Julie
5:30pm	Susan	Trish		Cheyenne		
LAND FITNESS						
7:00am						
8:00am	AOA Beginner Susan		AOA Beginner Corinne	Zumba Fitness Eyrnne	AOA Beginner Corinne	8:30 -9:30 Zumba Kathleen/Tiffany
9:00am	Step Carla	Power Sculpt Kim W.	Step Carla	Power Sculpt Kim W.	Step Carla	9:30 – 10:00 Buns & Abs Kathleen/Tiffany
10:00am	Zumba Fitness Melissa		Yoga-Lates Susan		Candlelight Yoga Susan	
10:30am						
11:00am	AOA Zumba Gold Melissa		AOA Nasa		AOA Nasa	
4:00pm			Power Sculpt Kim W.			
4:30pm	*Taekwondo 3-10 yrs Cody	Zumba Fitness kathleen		*Taekwondo 3-10 yrs Cody		
5:30pm	Step Trisha	Yoga/Core Erica	Step Trisha		Latin Rhythmz Melissa	
6:30pm	Zumba Fitness Melissa	Belly Dancing Carly karas	Zumba Fitness Tiffany L	Kick Boxing Tiffany		

Class Limits in effect and numbers are issued 10 minutes prior for AM classes and 15 minutes prior for PM classes. Stereo systems in class rooms are not available for members use however you may check out portable unit at front desk. Schedule subject to changes..

Effective Sept. 1, 2010