

WINTER/SPRING 2012 FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am		Zumba Gold			Zumba Gold	
9:15-10:15am	Powercut Plus	Cardio Combo	Powercut Plus	Cardio Combo	PiYo	Powercut Plus
10:30-11:30am		PiYo				
4:30-5:30pm	Latin Dance Fitness	Step	Latin Dance Fitness	Powercut Plus		
5:35-6:35pm	Kickboxing	Powercut Plus	Tai Chi Must pre-register	Step		