



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Class Schedule

February 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight Center	EZ Abs 4:30 PM - 5:00 PM  Upper Body Blast 5:00 PM - 6:00 PM	EZ Abs 4:30 PM - 5:00 PM  Lower Body Blast 5:00 PM - 6:00 PM	EZ Abs 4:30 PM - 5:00 PM  30 & 30 Cardio/Weights 5:00 PM - 6:00 PM	EZ Abs 4:30 PM - 5:00 PM  All-In-One Hour 5:00 PM - 6:00 PM	Y Fit 6:00 PM - 7:00 PM	Y Fit 10:00 AM - 11:00 AM
Cardio Center	H.I.I.T. 5:30 PM - 6:00 PM  K.I.C.K. 6:00 PM - 7:00 PM	Little Dragons 4:30 PM - 5:30 PM  Intro To Kuk Sool Won 6:00 PM - 7:00 PM	H.I.I.T. 5:30 PM - 6:00 PM	K.I.C.K. 6:00 PM - 7:00 PM	Little Dragons 4:30 PM - 5:30 PM	8:45 AM - 9:45 AM Zumba W/ Suzanne
Fitness Studio	Yoga To Go 11:00 AM - 12:00 PM	Yoga Stretch & Tone 5:30 PM - 7:00 PM	Yoga To Go 11:00 AM - 12:00 PM  Tribal Belly Dancing 7:30 PM - 8:30 PM	Yoga Stretch & Tone 5:30 PM - 7:00 PM	Yoga To Go 11:00 AM - 12:00 PM	
Gym	Zumba W/ Robert 6:00 PM - 7:00 PM		Zumba W/ Robert 6:00 PM - 7:00 PM			

DANCE  
 SWEAT  
 LAUGH



STRETCH  
 RELAX  
 RENEW