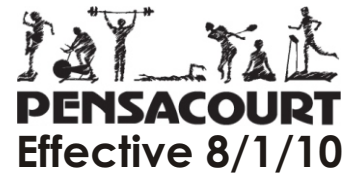


Group Fitness Schedule

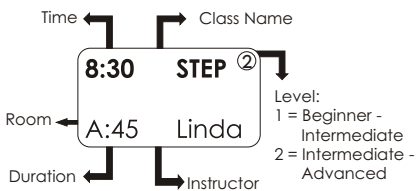
9 Mile



Mon	Tue	Wed	Thu	Fri	Sat	
9:00 Kickbox ^② A:60 Christine	8:00 H.A.T ^① A:30 Linda	6:00 Workout Express ^② A:45 Linda	8:30 50:50 ^① A:60 Candy	8:00 H.A.T ^① A:30 Linda	8:30 Step/Sculpt ^② A:90 Linda	
9:00 Cycle ^② B:60 Tammy U.	8:30 Step ^② A:45 Linda	8:30 BCT ^① A:60 Candy	9:00 Cycle ^② B:60 Christine	8:30 Step ^② A:45 Linda	9:00 Cycle ^② B:60 Christine	
10:00 Osteo ^① A:60 Christine	9:00 Cycle ^② B:60 Heather	9:00 Cycle ^② B:60 Christine	10:00 Awesome Abs ^① A:30 Christine	9:00 Cycle ^② B:60 Christine	10:00 Awesome Abs ^① A:30 Christine	
10:00 Pilates ^① C:60 Heather	10:00 Yoga ^② C:75 Tammy U.	9:00 Tai Chi ^① C:60 Tess	10:30 Pump It Up! ^① A:60 Christine	9:15 Intro to Dance ^① A:60 Jim	Sun	
4:30 Pump It Up! ^② A:60 Linda	10:00 Awesome Abs ^① A:30 Christine	10:00 Osteo ^① C:60 Tess	2:00 Silver Sneakers ^① A:60 Tess	10:00 Yoga ^② C:75 Tammy U.		3:30 Yoga ^② NEW! C:60 Tina
5:30 Cycle ^② B:60 Cathy	10:30 Pump It Up! ^① A:55 Christine	10:00 Circuit Training ^② A:60 Heather	5:00 Awesome Abs ^① NEW! C:30 Heather	10:15 Osteo ^① A:60 Karin		
5:30 Circuit Training ^② A:60 Linda	2:00 Silver Sneakers ^① A:60 Tess	4:30 H.A.T. ^① A:30 Linda	5:15 Latin Dance ^① Time Change! A:60 Tess	4:30 Zumba ^① A:60 Jim		
5:30 Yoga ^① C:60 Bryan	4:30 Core Conditioning ^① A:55 Terri	4:30 Power Yoga ^② C:60 Tina	5:30 Cycle ^① B:60 Heather	4:30 Power Yoga ^① NEW! C:60 Bryan		
6:30 Awesome Abs ^① A:30 Linda	5:15 Latin Dance ^① Time Change! C:60 Tess	5:00 Step ^① A:30 Linda				
	5:30 Strength Training ^② A:60 Linda	5:30 Circuit Training ^② A:60 Linda				
	5:30 Cycle-N-Abs ^② B:60 Cathy	5:30 Cycle ^① B:60 Tina				
		6:30 Awesome Abs ^① A:30 Linda				

Terri Berry,
Group Fitness Director
40 W. 9 Mile Road,
478-1400, ext. 4
www.pensacourt.com

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



= AM Classes **= PM Classes**