

Group Fitness Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
EARLY AM	8:00 TABATA Boot Camp Deidra 30min Studio/Outside			5:45 EARLYBIRD Circuit Train Vicki 45 min Weight Room		5:30 RIDE n' SHINE SPINN Cameron 60 min 2nd FL	<p>Saturday Classes will start September 14th We will have them posted in the lobby and on Facebook</p>	
8:30 AM	TABATA SPINN Deidra 30 & 45 min 2nd FL		ROCK Body Kathleen 45 min Studio		Cardio KICKbox Vicki 30 min Studio			
8:45 AM	you pick: 30 minutes if you wish to go to Yoga or stay for the entire 45 minutes			Weight Room Circuit Jones 30 min Weight Room		RED Line Circuit Jones 30 min Studio		
9:00 AM	YOGA-lates Cameron 60 min Studio				DLA xpress Vicki 30 min Studio			
9:15 AM		SPINN Jones 45 min 2nd FL	SPINN Kathleen 30 min 2nd FL	that STEP Jones 45 min Studio		SPINN Jones 45 min 2nd FL		
9:30 AM			ZUMBA Vicki 30 min Studio		ZUMBA Vicki 30 min Studio			
10:00 AM		YOGA-lates Jones 60 min Studio	DLA xpress Vicki 30 min Studio	Butts N' Gutts Jones 30 min Studio	GLIDE-n' Vicki 30 min Studio	Get on the BALL Jones 30 min Studio		
11:00 AM				Senior Specific Exercise Class Deidra 60 min Studio				
4:30 PM	NEW Time Slot 10 week trail Starting 9/15	ZUMBA Vicki 60 min Studio		Boot Camp Deidra 60 min Studio	SPINN Vicki 60 min 2nd FL	<p>FALL Schedule EFFECTIVE August 18, 2013</p> <p>* Karate NOT included in membership</p>		
6:00 PM		BOSU & Bands Vicki 30 min Studio	Cardio KICKbox Vicki 30 min Studio	Starting 9/18 Tank Top 365 June 30 min Studio	that CARDIO Deidra 30 min Studio			<p>UTA KARATE*</p> <p>Master Joe</p>
6:30 PM		SPINN Cameron 60 min 2nd FL	Begin / Interval SPINN June 60 min 2nd FL	SPINN Mike 60 min 2nd FL	WANT Spinn on Thursday to return! Deadline to speak up 9/12- at FRONT DESK			
6:30 PM		ZUMBA Vicki 60 min Studio	DLA xpress Vicki 30 min Studio	that STEP Jones 45 min Studio	Horizontal Conditioning Deidra 15 min Studio			
6:45 PM				followed by ABSolutly Core 15min Studio	ROCK Body Kathleen 45 min Studio			
7:00 PM			Target & TONE Vicki 30 min Studio					
7:30 PM		PowerFlow YOGA Harold 60 min Studio	UTA KARATE* Master Joe	YOGA-lates Cameron 60 min Studio	PowerFlow YOGA Harold 60 min Studio			



717-456-9334
www.modelafitness.com

Group Fitness enthusiasts: Support your favorite classes, low attendance will result in **cancellation**. Minimum of 4 people per class