

PRIMETIME FITNESS

GROUP EXERCISE CLASS SCHEDULE

SUMMER 2016

(900 North Telshor Blvd) Phone 532-9093

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30 AM		Cardio Combo Kristin	Zumba Tone Sam	Zumba Circuit Kristin	Body Pump Leah	Bend Balance Tammy	
7:55			Buti Yoga Ceara		Zumba Rudy		Body Pump Leah
8:15		Step Aerobics (50min) Krissy		Hi Low Aerobics (50min) Krissy		Step Aerobics Krissy	
9:10			Body Pump Krissy		Body Pump Krissy		Zumba Renee
9:15		Yoga Luis		Yoga Luis			
9:30						Body Pump Krissy	
10:15							Yoga Luis
12:00 PM	Zumba Express Renne						
1:00 PM	Step Tammy						
2:00	Body Pump Tammy						
4:30 PM							
5:30		Body Pump Tammy	BootCamp Tammy	Body Pump Leah	Step Tammy		
6:40		MIXED FIT Kristen	Zumba Sam	Zumba Sam	Zumba Renee		
8:00							

- Group Fitness Room will be closed once class starts, so please arrive early.
- Schedule may change without notice so please check frequently.
- * 30- 50 minute class.
- \$3.00 for Zumba non-members. Members Free!
- Body Pump and Cycle passes 15 minutes before class start

