

ENERGY HEALTH CLUBS

Energizing Your Life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45-8:45AM Chi-Gung Shellee	7:30-8:30AM Yoga Daniel	7:45-8:45AM Chi-Gung Shellee	7:45-8:45AM Slow Flow Yoga Daniel		7:45-9:00AM Animal Step Sandra
		9:00AM- 10:00AM Aqua Aerobics Rhonda		9:00AM-10:00AM Aqua Aerobics Rhonda	9:00AM-10:00AM Aqua Aerobics Alicia	
9:30AM-10:00AM Church Of Spin Rev. Pat	9:00-10:00AM Zumba Alicia	9:00-10:00AM Vinyasa Yoga Nancy	9:00-10:00AM Zumba Alicia	9:00-10:00AM Muscle Alicia	9:00-10:00AM Vinyasa Yoga Nancy	8:00-9:00AM Aqua Aerobics Alicia
	10:30-11:30 Power Pacing Nancy	10:30-11:30AM Sculpt and Define Nancy	10:30-11:30AM Cycle Max Alicia		10:30-11:30AM Sculpt and Define Nancy	9:15-10:15AM Zumba Alicia
	4:15-5:15PM Spin cycle Alicia	4:30-5:30PM Spin Cycle Pat	4:15-5:15PM Yoga Daniel			10:30-11:30AM Spin Cycle Pat
	5:30-6:30PM Zumba Alicia	5:45-6:45PM Boot Camp Alicia	5:30-6:30 CMC Sandra	5:45-6:30PM Boot Camp Alicia	5:30-6:30PM Yoga John Scott	
	7:00-8:00PM Yoga Nina	7:00-8:00PM Aqua Aerobics Alicia	6:45-7:45PM Zumba Alicia	7:00-8:00PM Aqua Aerobics Alicia		