




M,W 6:00am-9:00pm  
 T,Th 7:00am-9:00pm  
 Fri 6:00am-7:00pm  
 Sat. 7:00am-2:00pm

4258 E. Grand River  
 Howell, MI 48843

Phone: 517- 552-1530

Fit Zone for Women ~ Aerobic Schedule	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					7:30-8:30 <b>Kettlebells</b> (sign up req'd) Sarah	7:00am-8:00am <b>Group Cycling</b> (sign up req'd) Cindy
	9:00am-10:00am <b>Cardio Pump</b> Susan	8:30am-9:30am <b>Boot Camp</b> Joann	9:00am-10:00am <b>Kickboxing</b> Michelle	8:30am-9:30am <b>Butts &amp; Guts</b> Joann	8:30am-9:30am <b>Fitness Yoga</b> Renee	8:00am-9:00am <b>Fitness Boot Camp</b> Cindy
	10:00am-11:00am <b>Back To Basics</b> Marcie	9:45am-10:45am <b>Yoga-Pilates Fusion</b> Renee	10:00am-11:00am <b>Anti Aging Fusion Workout</b> Marcie	9:30am-10:30am <b>Energy Blast</b> Susan	9:30am-10:30am <b>Cardio Kick &amp; Tone</b> Michelle	9:00am-10:00am <b>Triangle</b> Jan
			4:15pm-5:15pm <b>Power Sculpt &amp; Burn</b> Kelly	5:00pm-6:00pm <b>Kickboxing</b> Deb K		
	5:00pm-6:00pm <b>Step &amp; Tone</b> Susan	5:00pm-6:00pm <b>Turbo Kick</b> Kimberly	5:30pm-6:30pm <b>Fitness Boot Camp</b> Cindy	6:00pm-7:00pm <b>Pilates</b> Renee		
	6:00pm-7:00pm <b>Pump It Up</b> Jan	6:00pm-7:00pm <b>Group Cycling</b> (sign up req'd) Angie	6:30pm-7:30pm <b>Group Cycling</b> (sign up req'd) Cindy	7:00pm-8:00pm <b>Kettlebells</b> (sign up req'd) Sarah		  *Classes are subject to change. 11/10/2009
	7:00pm-8:00pm <b>Kettlebells</b> (training class) Sarah	7:00pm-8:00pm <b>Yoga</b> Renee				