




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	
						7:00am-8:00am Group Cycling (sign up req'd) Cindy
	9:00am-10:00am Cardio Pump Susan	8:45am-9:45am Boot Camp Joann	9:00am-10:00am Ball Blast Michelle	8:30am-9:30am Butts & Guts Joann	8:30am-9:30am Fitness Yoga Renee	8:00am-9:00am Fitness Boot Camp Cindy
	10:00am-11:00am Back To Basics Marcie	9:45am-10:45am Yoga-Pilates Fusion Renee	10:00am-11:00am Anti Aging Fusion Workout Marcie	9:30am-10:30am Energy Blast Susan	9:30am-10:30am Cardio Kick & Tone Michelle	9:00am-10:00am Triangle Jan
		4:30PM-5:00PM Cut To The CORE Angela	4:15pm-5:15pm Fitness Dance & Body Burn Kelly	5:00pm-6:00pm Lift It, Tone It, Shred It Deb K		
	5:00pm-6:00pm Step & Tone Susan	5:00PM-6:00PM Step Angela	5:30pm-6:30pm Fitness Boot Camp Cindy	6:00pm-7:00pm Pilates Renee		
	6:00pm-6:30pm Kettlebells Susan	6:00pm-7:00pm Group Cycling (sign up req'd) Angie	6:30pm-7:30pm Group Cycling (sign up req'd) Cindy			 *Classes are subject to change. 7/15/10
	6:30pm-7:30pm Pump It Up Jan	7:00pm-8:00pm Yoga Renee				