

*Fit Zone for Women ~ Group Class Schedule*

<b>MONDAY</b>	9:00am-10:00am <b>Cardio Pump</b> Susan	10:00am-11:00am <b>Back To Basics</b> Marcie	11:00am-12:00am <b>ZUMBA</b> Cathy		5:00pm-6:00pm <b>Step &amp; Tone</b> Susan	6:00pm-6:30pm <b>Kettlebells</b> Susan	6:30pm-7:30pm <b>Pump It Up</b> Jan
<b>TUESDAY</b>	8:00am-9:00am <b>Boot Camp</b> Joann	9:15am-10:15am <b>Yoga-Pilates Fusion</b> Renee		4:30PM-5:00PM <b>Cut To The CORE</b> Angela	5:00PM-6:00PM <b>Step</b> Angela	6:00pm-7:00pm <b>Group Cycling</b> (sign up req'd) Angie	7:00pm-8:00pm <b>Yoga</b> Renee
<b>WEDNESDAY</b>	9:00am-10:00am <b>Ball Blast</b> Michelle	10:00am-11:00am <b>Anti Aging Fusion Workout</b> Marcie			5:30pm-6:30pm <b>Fitness Boot Camp</b> Cindy	6:30pm-7:30pm <b>Group Cycling</b> (sign up req'd) Cindy	
<b>THURSDAY</b>	8:00am-9:00am <b>Butts &amp; Guts</b> Joann	9:30am-10:30am <b>Energy Blast</b> Susan			5:00pm-6:00pm <b>Lift It, Tone It, Shred It</b> Deb K	6:00pm-7:00pm <b>Pilates</b> Renee	7:00pm-8:00pm <b>ZUMBA</b> Cathy
<b>FRIDAY</b>	8:30am-9:30am <b>Fitness Yoga</b> Renee	9:30am-10:30am <b>Cardio Kick &amp; Tone</b> Michelle					
<b>SATURDAY</b>	7:00am-8:00am <b>Group Cycling</b> (sign up req'd) Cindy	8:00am-9:00am <b>Fitness Boot Camp</b> Cindy	9:00am-10:00am <b>Triangle</b> Jan	10:00am-11:00am <b>ZUMBA</b> Cecelia			

**OPEN 24/7**

**Staffed Hours:**

**Mon. & Wed.      6:00am-9:00pm**  
**Tues. & Thurs.    7:00am-9:00pm**  
**Friday              6:00am-7:00pm**  
**Saturday            7:00am-2:00pm**

**4258 East Grand River**  
**Howell, MI 48843**  
**517-552-1530**  
**www.fitzonehowell.com**