

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Winter Schedule 2010					
5:15 AM	* Adult Fitness		*Adult Fitness		*Adult Fitness	
5:15 AM	Cycling				Cycling	
6:00 AM		*Selah				
6:15 AM	*Adult Fitness		*Adult Fitness		*Adult Fitness	
8:30 AM	*Adult Fitness		* Adult Fitness		* Adult Fitness	
9:00 AM		Combo Step		Body Sculpt	Pre/Postnatal Fitness	Instructors Choice
9:30 AM	*Adult Fitness		*Adult Fitness		*Adult Fitness	
9:30 AM	Senior Fit		Senior Fit			
10:00 AM	*Selah	*Selah		*Selah		
10:30 AM			*BOSU Strength			
Evening						
5:30 PM	*Selah	Pilates		Pilates		
6:30 PM	Zumba			Zumba		
6:30 PM	*Tae Kwon Do			*Tae Kwon Do		
8:15 PM		*Capoeira		*Capoeira		
Selah is held in Fireside B						
*Fee Based Classes						