

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	Spinning (5:30) Wendy	Cardio Mix (5:15) Julie	Spinning (5:30) Wendy		Spinning (5:30) Wendy	
6:00 AM						
7:00 AM		Cardio Mix Allison				
8:00 AM						Spinning Wendy
9:00 AM	Step Circuit Jenn	TBC Jenn	Hi / Lo Debra	Pilates Wendy	Zumba Caryn	Instructor's Choice Varies
10:00 AM	Yoga (10:15) Liz		Tai-Chi Jim	Belly Dance (10:15) Pat		Karate (10:30) \$ Van
↑ Morning / Afternoon ↓						
4:00 PM				Cross Training Wendy		
5:00 PM	Cardio Mix Terri	ZUMBA Caryn	Interval Training Julie	Yoga Maureen		
6:00 PM	Pilates Wendy	Yoga Liz	Spinning Karen	Karate (6:30) \$ Van		
7:00 PM	Spinning Donelle					

FCT = Functional Core Training
TBC = Total Body Conditioning

\$ Additional Fee
* All Classes are Co-Ed

"Commit to Get Fit!"

The Bloom Health & Fitness Aerobics Team

