



Wellness-Fitness

February 2010 - Class Schedule



TRAYERWOOD FITNESS CENTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:05 a.m.		8- Minute Abs		8- Minute Abs	
11:35 a.m.	Cardio Circuits (25 min.)	Floor, Core, & More (25 min.)	Non-Stop Step (25 min.)	Full Body Strength (25 min.)	
12:15 p.m.		Group Boot Camp		Group Boot Camp	
4:45 p.m.		Step It Up!	Total Strength		

[EPA Fitness Center](#)