



# Wellness-Fitness

## 2010- Class Schedule



### LIFE Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 a.m.	Energy Blast 45 minutes	Strength & Tone (Upper Body) 45 minutes	Boxing Boot Camp 45 minutes	Strength & Tone (Lower Body) 45 minutes	
11:45 a.m.	Abs 15 minutes	Abs 15 minutes	Abs 15 minutes	Abs 15 min	
12:05 p.m.		No Sweat 30 minutes		No Sweat 30 minutes	
12:10 p.m.	Pilates 50 minutes		Pilates 50 minutes		
4:15 p.m.		Strength/Cardio Combo 45 minutes		Strength/Cardio Combo 45 minutes	

**NOTE:** When no class is in session, you are welcome to use any of our videos or you may bring one of your own.