


2011 SCHEDULE

(215) 923-4114 ★ M-Th. 5am-11pm ★ Fri. 5am-10pm Sat. 7am-7pm ★ Sun 8am-6pm

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		SunRise Yoga 6:45am New! 			Body Combat 9:30-10:30 AM	
Silver Sneakers 10:00-10:45 AM	Zumba 12:05-12:55 PM New!		Body Combat 12:05-12:55 PM New!	Silver Sneakers 10:00-10:45 AM	The Nia Technique 10:00-11:00 AM	All Levels Yoga 10:00-11:15 AM 
	All Levels Yoga 5:20-6:15 PM	 ZUMBA FITNESS JOIN THE PARTY WEDNESDAYS AT 6 P.M. ROCK DA HOUSE			Cardio Hoop Dance 12:00-1:00pm	
All Levels Yoga 6:00-7:00 PM 	Core 5:30-6:00 PM 	Butts & Guts 7:00-7:30 PM	All Levels Yoga 5:45-6:45 PM 	 Ask about our NEW Weight Loss Solutions 		
Sweat-Tone-Sculpt 6:00-7:00 PM	Body Combat 6:30-7:30 PM	 pilates 7:00-8:00 PM	Indian Dance 6:00-9:00 PM (Additional Cost)			
The Nia Technique 7:00-8:00 PM (Additional Cost)	Salsa 7:30-8:30 PM 	Upper Body Pump 7:30-8:00 PM				

SPINNING SCHEDULE

Mon	Tues	Wed	Thur	Fri	Sat
	AM Spin 6:45-7:45 AM			AM Spin 7:30-8:30 AM	AM Spin 9:00-10:00 AM
Beginner Spin 6:00-6:30PM	PM Spin 6:30-7:30 PM	Lunch Spin 12:00-12:45 AM	PM Spin 6:00-7:00 PM		
PM Spin 6:30-7:30PM		PM Spin 6:30-7:30 PM	PM Spin 7:00-8:00 PM	Happy Hour Spin 5:30-6:30 PM	