

# Victory Fitness Center East

Updated August 7<sup>th</sup> 2017

*\*These Classes are FREE with membership\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am <b>ZUMBA</b> Etosha					
9:30am <b>AQUA CARDIO TONE</b> Barb	9:30am <b>AQUA CARDIO TONE</b> Barb			9:30am <b>AQUA CARDIO TONE</b> Barb	9:30am <b>AQUA CARDIO TONE</b> Barb
9:30am <b>CARDIO LINE DANCE</b> Shelia		9:30am <b>MID-WEEK MIX</b> Shelia	9:30am <b>EveryBODIES BOOT CAMP</b> Shelia		10:00am <b>BOOT CAMP</b> Shea/TJ
10:30am <b>ARTHRITIS AQUA</b> Barb					11:00am <b>ZUMBA</b> Nicole
	5:30pm <b>POWER SCULPT &amp; STRETCH</b> Melinda	6:00pm <b>EveryBODIES BOOT CAMP</b> Shelia	5:30pm <b>POWER SCULPT &amp; STRETCH</b> Melinda		
6:00pm <b>FULL BODY AQUA WORKOUT</b> Donna	6:00pm <b>AQUA</b> Jonelle	6:00pm <b>AQUA</b> Jonelle	6:00pm <b>CARDIO SPLASH</b> Donna		
6:30pm <b>ZUMBA</b> Samantha	6:30pm <b>ZUMBA</b> Nicole	6:45pm <b>CARDIO LINE DANCE</b> Shelia	6:30pm <b>ZUMBA</b> Naomi		