

Victory Fitness Center West

Schedule updated August 7th 2017

All Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am CARDIO SCULPT Ann				
9:00am AQUA FIT Monika	9:00am AQUA INTERVALS Becky	9:00am AQUA FIT Monika	9:00am AQUA INTERVALS Becky	9:00am AQUA FIT Monika	9:00am* Strong by ZUMBA Shelby BOOT CAMP Tamiko
10:00am ZUMBA + ZUMBA TONING Amy		10:00am ZUMBA Amy	10:30am STRONG AFTER 60 Kim	10:00am ZUMBA Tracey	10:00am ZUMBA Tracey/Tamiko
11:00am STRONG AFTER 60 Kim					10:30am H2O HIIT BOOT CAMP Sherry
5:30pm PIYO Danielle	5:30pm STEP 360 & SCULPT Kim	5:30pm STRONG BY ZUMBA Shelby	5:30pm ZUMBA Tamiko		
6:00pm TURBO KICK Danielle	6:00pm YOGA Kim				
6:30pm H2O HIIT BOOT CAMP Sherry	6:30pm AQUA DANCE Jenni	6:30pm AQUA ZUMBA Tracey	6:30pm AQUA VOLLEYBALL Tracey		
6:45pm CARDIO DANCE Danielle		6:30pm ZUMBA Tamiko	6:15pm EveryBODIES BOOT CAMP Tamiko		
7:15pm AQUA VOLLEYBALL Sherry	6:30pm EveryBODIES BOOT CAMP Amberly				

**Classes will alternate weeks*

For a free guest pass and more, visit our website:

www.VictoryFitnessCenter.net