

Victory Fitness Center East

Group Fitness Schedule Begins October 7th

All Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am Zumba DeNease		6:15am Pilates DeNease		6:15am Step + Sculpt DeNease	
9:30am Aqua Cardio Tone Barb		9:30am Aqua Sculpt Jackie		9:30am Aqua Cardio Tone Barb	9:30am Aqua Cardio Tone Barb
10:30am Arthritis Aqua Barb		10:30am Arthritis Aqua Jackie	10:30am Aqua Cardio Tone Edwina	10:30am Arthritis Aqua Barb	10:30am "Exceptions" Get Over It Challenge Aqua Michelle
9:30am Boot Camp Shelia	10:30am Kettle Bell Combo Edwina	9:30am 20/20/20 Shirlena			9:30am Hip Hop Hustle Shelia
					10:30am Super Sculpt Shelia
6:00pm Yoga Xpress Kim	5:30pm Cardio Sculpt Melinda	6:00pm Zumba Nicole			
6:00pm Cardio Splash Donna	5:30pm Aqua Zumba DeNease	6:00pm Aqua Cardio Tone Barb	6:00pm Aqua Kirby	6:00pm Aqua Kirby	
6:30pm Turbo Kick Shelia	6:30pm Insanity Rashad		6:15pm Turbo Kick Shelia		
7:30pm Zumba Amanda	6:30pm Power Cardio Aqua DeNease	7:00pm Line Dance Valerie			

For Fitness Tips, Guest Passes and more, visit our website:
www.VictoryFitnessCenter.net