

Victory Fitness Center North

Group Fitness Schedule Begins Sept 30th

Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am Aqua Michelle		9:30am Aqua Intervals Margie	9:30am Aqua Zumba Michelle	9:30am Cardio Splash Iveta	9:00am Zumba Vanessa
9:30am 20/20/20 Meegan		9:30am Cardio Dance Kim		9:30am Body Fusion Dawn	9:45am Super Sculpt Lauren
		10:00am Total Body + Pilates Kim			10:00am Power Cardio Aqua Jenni
10:30am Exceptions Get Over It Challenge Michelle		10:30am Arthritis + Aqua Margie			10:15 Yoga Xpress Lauren
		10:30am Yoga Xpress Kim			
5:30pm Power Cardio Aqua DeNease		5:30pm Power Cardio Aqua DeNease			
5:30pm Zumba Stacey	5:30pm Turbo Kick Danielle	5:30pm Everybodies Boot Camp Dawn	5:30pm Zumba Basics DeNease		
6:30pm Cardio Splash Margie	6:00pm Aqua Intervals Margie	6:30pm Aqua Zumba DeNease	6:00pm Aqua Intervals Margie		
6:30pm 20/20/20 DeNease	6:45pm Cardio Dance Rhonda	6:30pm Zumba Amanda	6:15pm Pilates Sculpt DeNease		
	7:15pm Pilates Rhonda		7:15pm Super Circuit Dawn		

For more information, guest passes and more, see our website:

www.VictoryFitnessCenter.net