



# Victory Fitness Center West

Group Fitness Schedule begins January 6<sup>th</sup>, 2014  
All Classes are included free with membership!



For class descriptions, fitness tips, guest passes and more, visit our website:  
[www.VictoryFitnessCenter.net](http://www.VictoryFitnessCenter.net)

**FIT TIP:**  
You are more likely to stick with a workout that you enjoy, so try many different classes to discover your favorite!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am <b>AQUA FIT</b> Monika	9:00am <b>AQUA INTERVALS</b> Monika	9:00am <b>AQUA CARDIO TONE</b> Becky	9:00am <b>AQUA INTERVALS</b> Monika	9:00am <b>AQUA FIT</b> Monika	9:45am <b>AQUA FIT</b> Sherry
	9:00am <b>CIRCUIT XPRESS</b> Theresa		9:00am <b>CARDIO DANCE</b> Theresa		9:00am <b>LOW IMPACT</b> Sherry
					9:30am <b>BOOT CAMP</b> Gina
					10:15am <b>YOGA XPRESS</b> Gina
5:30pm <b>PIYO</b> Danielle	5:30pm <b>TOTAL BODY + PILATES</b> Kim	5:30pm <b>PIYO</b> Danielle	5:30pm <b>LOW IMPACT</b> Jo		
6:00pm <b>HIP HOP HUSTLE</b> Danielle	6:00pm <b>YOGA XPRESS</b> Kim	6:00pm <b>TURBO KICK</b> Danielle	6:00pm <b>KETTLE BELL CORE</b> Jo		
6:30pm <b>AQUA FIT</b> Sherry	6:30pm <b>AQUA DANCE</b> Jenni *starts Jan. 28*	6:30pm <b>AQUA FIT</b> Sherry	6:30pm <b>AQUA TABATA</b> Jo		
7:00pm <b>INSANITY</b> Rashad	6:45pm <b>BOOT CAMP CIRCUIT</b> Erin	7:00pm <b>CARDIO DANCE</b> Theresa	6:30pm <b>INSANITY</b> Rashad		
	7:30pm <b>ZUMBA</b> Vanessa	7:45pm <b>SUPER STOMACHS + STRETCHES</b> Theresa			

**BE OUR GUEST!**  
Bring in this pass for **1 FREE DAY** at Victory Fitness Center!