

Victory Fitness Center East

Schedule Begins October 5th, 2015
All Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am ZUMBA Shelia					
9:30am AQUA CARDIO TONE Barb	9:30am AQUA CARDIO TONE Barb			9:30am AQUA CARDIO TONE Barb	9:30am AQUA CARDIO TONE Barb
9:30am EVERYBODIES BOOT CAMP Shelia	10:00am FOREVER FIT SCULPT Shelia	9:30am CARDIO DANCE EXPRESS Shelia	10:00am FOREVER FIT STRENGTH & STRETCH Shelia		11:00am ZUMBA Nicole
10:30am ARTHRITIS AQUA Barb					
	5:30pm TOTAL BODY SCULPT Melinda	5:30pm KETTLE BELL CARDIO & STRENGTH Stephanie	5:30pm TOTAL BODY SCULPT Melinda		
6:00pm FULL BODY AQUA WORKOUT Donna		6:00pm AQUA	6:00pm CARDIO SPLASH Donna		
6:00pm YOGA EXPRESS Kim	6:00pm YOGA EXPRESS Melinda	6:00pm ZUMBA Nicole	6:00pm YOGA EXPRESS Melinda		
6:30pm BOOT CAMP Shelia	6:30pm TURBO KICK Shelia		6:30pm TURBO KICK Shelia		
7:30pm ZUMBA Samantha		7:00pm LINE DANCE Valerie	7:15pm PIYO Shelia		