

# Victory Fitness Center West

Schedule Begins November 2<sup>nd</sup>, 2015

*\*All Classes are FREE with membership\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am <b>AQUA FIT</b> Monika	9:00am <b>AQUA INTERVALS</b> Becky	9:00am <b>AQUA FIT</b> Monika	9:00am <b>AQUA INTERVALS</b> Becky	9:00am <b>AQUA FIT</b> Monika	9:45am <b>AQUA FIT</b> Sherry
					9:30am <b>BOOT CAMP</b> Gina
10:00am <b>ZUMBA + ZUMBA TONING</b> Amy	10:00am <b>STEP, CIZE, SCULPT &amp; STRETCH</b> Kim	10:00am <b>ZUMBA</b> Amy		10:00am <b>ZUMBA</b> Tracey	10:15am <b>YOGA</b> Gina
					11:00am <b>ZUMBA</b> Amy
5:30pm <b>PIYO STRENGTH</b> Danielle	5:30pm <b>STEP 360</b> Jo	5:30pm <b>PIYO STRENGTH</b> Danielle	5:30pm <b>STEP, CIZE, SCULPT &amp; STRETCH</b> Kim		
6:00pm <b>TURBO KICK</b> Danielle	6:15pm <b>CORE &amp; MORE</b> Jo	6:00pm <b>TURBO KICK</b> Danielle			
6:30pm <b>AQUA CIRCUIT</b> Sherry	6:30pm <b>AQUA DANCE</b> Jenni	6:00pm <b>AQUA ZUMBA</b> Tracey	6:30pm <b>AQUA VOLLEYBALL</b> Sherry		
7:00pm <b>ZUMBA</b> Naomi	6:45pm <b>BOOT CAMP</b> Erin	7:00pm <b>ZUMBA</b> Tamiko			

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

[www.VictoryFitnessCenter.net](http://www.VictoryFitnessCenter.net)