

Victory Fitness Center East

Winter Schedule Updated March 3rd, 2016

All Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am CARDIO DANCE 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	9:30am FOREVER FIT SCULPT Shelia	9:30am CARDIO DANCE EXPRESS Shelia	9:30am 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	5:30pm AQUA ZUMBA Chris	6:00pm AQUA Jonelle	6:00pm CARDIO SPLASH Donna		
	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 Danielle		
7:30pm ZUMBA Samantha		7:00pm LINE DANCE Valerie	7:15pm PIYO Danielle		