

Victory Fitness Center East

All Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am CARDIO LINE DANCE Shelia				9:30am FULL BODY CONDITIONING Shelia	
9:30am AQUA CARDIO TONE Barb	9:00am AQUA CARDIO TONE Barb	9:30am MID-WEEK MIX Shelia		9:30am AQUA CARDIO TONE Barb	10:30am H2O HIIT BOOT CAMP Sherry
10:30am AQUA ARTHRITIS Barb					11:00a ZUMBA Nicole
	5:30pm TOTAL BODY BURN Melinda/Shelia				
6:30pm ZUMBA Samantha	6:30pm ZUMBA Nicole	6:30pm ZUMBA Naomi	5:30pm CARDIO KICK Shelia		
6:00pm AQUA FULL BODY Donna	6:00pm AQUA CLASS Jonelle	6:00pm AQUA CLASS Jonelle	6:00pm CARDIO SPLASH Donna		

