

Victory Fitness Center West

All Classes are FREE with membership

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|-------------------------------------|--|
| | 5:30am CARDIO SCULPT Ann | | | | |
| 9:00am AQUA FIT Monika | 9:00am AQUA INTERVALS Becky | 9:00am AQUA FIT Monika | 9:00am AQUA INTERVALS Becky | 9:00am AQUA FIT Monika | 9:00am BOOTCAMP* Tamiko |
| 10:00am ZUMBA Amy | | 10:00am ZUMBA Amy | 10:30am STRONG AFTER 60 Kim | 10:00am YOGA Kim | 10:00am ZUMBA Tamiko/Tracey |
| 11:00am STRONG AFTER 60 Kim | | | | | 10:30am H2O HIIT BOOT CAMP Sherry |
| | | | | | |
| 5:30pm PIYO Danielle | 5:30pm BOOT CAMP Kim | 5:30pm ZUMBA STRONG Shelby | 5:30pm BOOT CAMP Tamiko | | |
| 6:00pm TURBO KICK Danielle | 6:15pm YOGA Kim | 6:30pm ZUMBA Tamiko | 6:15pm CORE & MORE Tamiko | | |
| 6:30pm H2O HIIT BOOT CAMP Sherry | 6:30pm AQUA DANCE Jenni | 6:30pm AQUA ZUMBA Tracey | 6:30pm AQUA VOLLEYBALL Tracey | | |
| 7:15pm H2O VOLLEYBALL Sherry | | | | | |

***Tamiko's Saturday Bootcamp will be on the following dates:**

May 5th & 12th, June 9th & 23rd, July 7th, August 4th & 18th

