

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 Barb
9:30am AQUA CARDIO TONE Barb	9:30am AQUA CARDIO TONE Barb	9:30am MID-WEEK MIX Shelia		9:30am AQUA CARDIO TONE Barb	10:00a #JESSDOIT BOOT CAMP Jessica
10:30am AQUA ARTHRITIS Barb					11:00a ZUMBA Nicole
	5:30pm TOTAL BODY BURN Melinda				
6:30pm ZUMBA Janell	6:30pm ZUMBA Nicole	6:30pm ZUMBA Naomi	6:30pm CARDIO KICK Shelia		
6:00pm AQUA FULL BODY Donna	6:00pm AQUA CLASS Jonelle	6:00pm AQUA CLASS Jonelle			

GROUP COACHING
MONDAY, WEDNESDAY, FRIDAY
10a & 6p

