

Victory Fitness Center West

All Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am YOGA Kim	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
9:00am STRONG AFTER 60 Kim		10:00am ZUMBA Tracey			10:00am ZUMBA Tamiko/Tracey
10:00am ZUMBA Tracey					10:30am H2O HIIT BOOT CAMP Sherry
6:00pm BOOTCAMP w/ TURBOKICK w/ Tamiko Danielle		5:30pm CORE & MORE Tamiko	5:30pm BOOT CAMP Tamiko		
6:30pm H2O HIIT BOOT CAMP Sherry	5:15pm Total Body Conditioning Kim Manson	6:00pm ZUMBA Tamiko	6:30pm AQUA VOLLEYBALL Jim		
7:15pm H2O VOLLEYBALL Sherry	6:30pm AQUA DANCE Jenni	6:30pm AQUA ZUMBA Tracey			

December					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tracey /no 9am
3 Tamiko	4	5	6	7	8 Tamiko
10 Danielle	11	12	13	14	15 Tamiko
17 NO 6p CLASS	18	19	20	21	22 Tamiko
24 NO CLASSES	25 NO CLASSES	26	27	28	29 NO CLASS
31 NO CLASSES	1 NO CLASSES				