

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			5:30am FIT 2 THE CORE 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
5:30pm FIT 2 THE CORE Kim Manson	5:30pm Total Body Conditioning Kim Manson	5:30pm CORE & MORE Tamiko	5:30pm BOOT CAMP Tamiko		
6:15pm ZUMBA STRONG Schlaine		6:15pm ZUMBA Tamiko			
6:30pm H2O HIIT BOOT CAMP Sherry	6:30pm AQUA DANCE Jenni	6:30pm AQUA ZUMBA Tracey	6:30pm AQUA VOLLEYBALL Jim		
7:15pm H2O VOLLEYBALL Sherry					