

Victory Fitness Center East

All Classes are FREE with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am CARDIO LINE DANCE Shelia				9:30am BODY BOOST Shelia	9:30am AQUA STRENGTH Barb
9:30am AQUA CARDIO Barb	9:30am AQUA TABATA Barb	9:30am DANCE & TONE Shelia		9:30am AQUA FULL BODY Barb	10:00a #JESDOIT BOOT CAMP Jessica
10:30am AQUA ARTHRITIS Barb					11:00a ZUMBA Nicole
	5:30pm BODY SCULPT Melinda				
6:30pm ZUMBA Ashley	6:30pm ZUMBA Nicole	6:30pm HIP-HOP DANCE Janell	6:30pm BOOT CAMP <i>Wild Card</i>	6:30pm HATHA YOGA Becky	
6:00pm AQUA BOOTCAMP Donna	6:00pm AQUA FIT Tina	6:00pm AQUA FIT Tina	6:00pm AQUA RECREATION		

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

