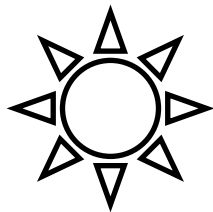


# WIFC Schedule 2017

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>5:45-6:45 AM</b> Cardio Tone Carol/Anita	<b>5:45-6:45AM</b> SPINNING/Abs Anita	<b>5:45-6:45 AM</b> S.O.S. Carol	<b>5:45-6:45 AM</b> C.S.I. Anita	<b>5:45-6:45 AM</b> TRX Circuit Anita	
<b>8:00-8:45 AM</b> C.S.I. Eva	<b>8:00-8:55 AM</b> Core Infusion Joan	<b>8:00-8:55 AM</b> Total Body Workout Eva	<b>8:00-8:55 AM</b> Core Infusion Joan	<b>8:00-8:45 AM</b> SPINNING/Abs Pilar	<b>8:00-8:55 AM</b> SPINNING/Abs Rotation
<b>8:45-9:30 AM</b> Butts & Guts Eva	<b>9:00-9:55 AM</b> Spinning/Ab's Joan	<b>9:00-9:55 AM</b> Sculpt to the Max Sandie	<b>9:00-9:55 AM</b> Spinning/Ab's Joan	<b>8:45-9:30 AM</b> Butts & Guts Eva	<b>9:00-9:55 AM</b> S.O.S. Rotation
<b>9:30-10:30 AM</b> Sculpt to the Max Sandie		<b>9:00-9:55 AM**</b> Boot Camp Eva		<b>9:30-10:30 AM</b> Muscle Definition Sandie	<b>10:00-11:00 AM</b> Zumba Rotation
<b>9:30-10:30 AM**</b> Boot Camp Eva					
<b>10:30-11:30 AM</b> Low Cardio "BOOM" Strength & Stretch Sandie	<b>10:00-11:00 AM</b> Silver Sneakers I Sandie	<b>10:00-11:00 AM</b> Silver Sneakers II Eva	<b>10:00-11:00 AM</b> Silver Sneakers I Sandie	<b>10:30-11:30AM</b> Low Cardio "BOOM" Strength & Stretch Sandie	<b>Summer Schedule</b>  
	<b>11:05-11:55 AM</b> Gentle Yoga Stretch Sandie	<b>11:05-11:55 AM</b> Yoga Kathy	<b>11:05-11:55 AM</b> Gentle Yoga Stretch Sandie		
<b>12:00-1:00 PM</b> SPIN Interval Eva	<b>12:00-1:00 PM</b> Boot Camp Lyndsey	<b>12:00-1:00 PM</b> Total Body Workout Eva	<b>12:00-1:00 PM</b> C.S.I. Lyndsey	<b>12:00-1:00 PM</b> Total Body Workout Lyndsey	
<b>5:00-5:55 PM</b> SPIN Interval Anita	<b>5:00-5:15 PM</b> Ab Blast Liz	<b>5:00-5:55 PM</b> Muscle Definition Aimee S.	<b>5:00-5:15 PM</b> Ab Blast Aimee	<b>**Class not held in the Aerobics Room</b>	
<b>6:00-6:55 PM</b> Total Body Workout Pilar	<b>5:15-6:00 PM</b> MetCon Liz	<b>6:00-6:55 PM</b> RIPPED Hillary	<b>5:15-6:00 PM</b> Total Body Workout Aimee		
<b>7:00-8:00 PM</b> Cardio Kick Pilar	<b>6:30-7:25 PM</b> Turbo Kick Hillary	<b>7:00-7:45 PM</b> Zumba Hillary	<b>6:05-7:00 PM</b> SPINNING/Abs Carol		
	<b>7:30-8:30 PM</b> Yoga Kathy	<b>7:45-8:45 PM</b> Spin Interval Pilar	<b>7:05-8:05 PM</b> Yoga Anyssa		
					<b>Child Care Hours</b> <b>Monday-Friday</b> <b>8:30 AM-1:00 PM</b> <b>Monday-Thursday</b> <b>4:30-8:30 PM</b> <b>Saturday</b> <b>8:00 AM-12:00 PM</b>