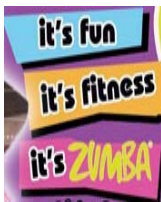



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TBA =TO BE ANNOUNCED AA = AB - ATTACK BBT = BELLY BUTT & THIGHS BS = BABY STEPS LG = LATINO GROOVE LT = LOW AND TONE WHC = WEIGH HARD CARDIO AG = ABSGLUTELY	1 8:45 LT GLENDA 9:45 ST1 JESSICA 5:15 SPIN HOWARD 5:30 ST2 BERNICE 6:30 ST1 RONNIE 6:30 SPIN HOWARD 7:30 AA RONNIE	2 8:45 BS JOAN 9:30 A&C JOAN 5:15 SPIN RONNIE 5:30 ZUMBA GENNA 6:30 A&C LISA 6:30 SPIN RONNIE 7:30 WHC GLENDA	3 8:45 BKB BERNICE 9:30 ST2 BERNICE 4:30 SPIN GYM LAURA 5:30 PL LISA 6:30 CF LINDA 6:30 SPIN BERNICE 7:30 BBT GLENDA	4 8:45 AG GENNA 9:30 ZUMBA GENNA 4:30 SAG LAURA 5:30 CB LISA 6:30 A&C LISA 6:30 SPIN RHONDA 7:30 LG GLENDA	5 8:45 AA KIM 9:30 CURVES KIM 6:30 CF LINDA (SLAM)	6 9:30 ST2 LISA 10:30 PL30 LISA 11:00 BD GINGER 12:00 KICKBOXING YOLANDA
7 NEW SPIN CLASSES! SAG =SPIN 30 + 30 MIN OF ABS & GLUTES ON THE GF FLOOR SPIN GYM = SPIN 30 + 30MIN WEIGHT TRAINING ON THE GF FLOOR	8 8:45 LT TOMIRA 9:45 ST1 JESSICA 5:15 SPIN HOWARD 5:30 ST2 BERNICE 6:30 ST1 NIKESHA 6:30 SPIN JENNY 7:30 AA NIKESHA	9 8:45 BS JOAN 9:30 A&C JOAN 5:15 SPIN JENNY 5:30 ZUMBA ROSA 6:30 A&C LISA 6:30 SPIN JENNY 7:30 WHC GLENDA	10 8:45 BKB BERNICE 9:30 ST2 BERNICE 4:30 SPIN GYM LAURA 5:30 PL LISA 6:30 CF LINDA 6:30 SPIN BERNICE 7:30 BBT GLENDA	11 8:45 TBA 9:30 TBA 4:30 SAG LAURA 5:30 CB LISA 6:30 A&C LISA 6:30 SPIN RHONDA 7:30 LG GLENDA	12 8:45 AA KIM 9:30 CURVES KIM 6:30 CF LINDA (SLAM)	13 9:30 ST2 YOLANDA 10:30 AA YOLANDA 11:00 BD GINGER 12:00 KICKBOXING YOLANDA
	14 8:45 LT GLENDA 9:45 ST1 JESSICA 5:15 SPIN RONNIE 5:30 ST2 BERNICE 6:30 ST1 RONNIE 6:30 SPIN JENNY 7:30 AA RONNIE	15 8:45 BS JOAN 9:30 A&C JOAN 5:15 SPIN JENNY 5:30 ZUMBA GENNA 6:30 A&C LISA 6:30 SPIN JENNY 7:30 WHC GLENDA	16 8:45 BKB BERNICE 9:30 ST2 BERNICE 4:30 SPIN GYM TBA 5:30 PL LISA 6:30 CF LINDA 6:30 SPIN RHONDA 7:30 BBT GLENDA	17 8:45 AG GENNA 9:30 ZUMBA GENNA 4:30 SAG LAURA 5:30 CB LISA 6:30 A&C LISA 6:30 SPIN RHONDA 7:30 LG GLENDA	18 8:45 AA KIM 9:30 CURVES KIM 6:30 CF LINDA (SLAM)	19 9:30 ST2 LISA 10:30 PL30 LISA 11:00 ZUMBA ROSA 12:00 KICKBOXING TBA
	20 8:45 LT GINNY 9:45 ST1 JESSICA 5:15 SPIN HOWARD 5:30 ST2 BERNICE 6:30 ST1 BERNICE 6:30 SPIN HOWARD 7:30 AA BERNICE	21 8:45 BS JOAN 9:30 A&C JOAN 5:15 SPIN RONNIE 5:30 ZUMBA GENNA 6:30 A&C LISA 6:30 SPIN RONNIE 7:30 WHC GLENDA	22 8:45 BKB BERNICE 9:30 ST2 BERNICE 4:30 SPIN GYM TBA 5:30 PL LISA 6:30 CF LINDA 6:30 SPIN RHONDA 7:30 BBT GLENDA	23 8:45 AG GENNA 9:30 ZUMBA GENNA 4:30 SAG TBA 5:30 CB LISA 6:30 A&C LISA 6:30 SPIN HOWARD 7:30 LG GLENDA	24 8:45 AA KIM 9:30 CURVES KIM 6:30 CF LINDA (SLAM)	25 9:30 ST2 LISA 10:30 PL30 LISA 11:00 BD GINGER 12:00 KICKBOXING YOLANDA
26 Please be on time to class. This is to prevent disruption to the class and also to prevent injury, due to inadequate warm up. Thank You	27 8:45 LT TOMIRA 9:45 ST1 JESSICA 5:15 SPIN RONNIE 5:30 ST2 BERNICE 6:30 ST1 NIKESHA 6:30 SPIN JENNY 7:30 AA NIKESHA	28 8:45 BS JOAN 9:30 A&C JOAN 5:15 SPIN RONNIE 5:30 ZUMBA GENNA 6:30 A&C LISA 6:30 SPIN RONNIE 7:30 WHC GLENDA	29 8:45 BKB BERNICE 9:30 ST2 BERNICE 4:30 SPIN GYM TBA 5:30 PL LISA 6:30 CF LINDA 6:30 SPIN RHONDA 7:30 BBT GLENDA			W Workout Norfolk

GYM HOURS

MONDAY – THURSDAY 8:30AM-9:00PM
 FRIDAY 8:30AM-8:00PM
 SATURDAY 9AM-4PM
 SUNDAYS CLOSED

GROUP FITNESS & AQUATIC COORDINATOR
RONNIE MILLER

www.womensworkoutonline.com

ALL INSTRUCTORS AND CLASSES ARE SUBJECT TO CHANGE AT ANY TIME