



FITNESS ACTIVITY PASS SCHEDULE*

APRIL 7th - 20th, 2008

www.goldengaels.com

APRIL 7th - APRIL 13th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	8	9	10	11	12	13
	9:35 – 10:20 am Sculpt & Tone Lower Studio CHRISTINE G					10:00-11:20 am Crazy Step Lower Studio ANDREA
	11:35 – 12:20 pm Sculpt & Ab Blast Lower Studio VICTORIA					
1:35 – 2:20 pm Sculpt & Tone Lower Studio CHRISTINE G	12:35 – 1:20 pm Cardio Mix Lower Studio BETH	1:35 – 2:20 pm Sculpt & Tone Lower Studio PEGGY	12:35 – 1:20 pm Sculpt & Tone Lower Studio BETH	1:35 – 2:20 pm Sculpt & Ab Blast Lower Studio EMILY	12:35 – 1:20 pm Sculpt & Tone Lower Studio CHRISTINE G	
				3:35 – 4:20 pm Cardio Mix Lower Studio CHRISTINE J		
4:35 – 5:20 pm Sculpt & AB Blast Lower Studio BETH	4:35 – 5:20 pm Sculpt & Tone Lower Studio LAURA	4:35 – 5:20 pm Crazy Step Lower Studio ANDREA	4:35 – 5:20 pm Kardio Kick Lower Studio CHRISTINE J		4:35 – 5:50 pm Step & Ab Blast Lower Studio BRENDINE	4:30 – 5:20 pm Sculpt & Tone Lower Studio LAURA
5:35 – 6:45 pm Crazy Step Lower Studio JANET	5:35 – 6:45 pm Kardio Kick Lower Studio LORI	5:35 – 6:45 pm Cardio Mix Lower Studio BRENDINE	5:35 – 6:45 pm Sculpt & AB Blast Lower Studio CHRISTINE G			
	7:00 – 7:50 pm Zumba Lower Studio LORI	8:30 – 9:20 pm Sculpt & AB Blast Lower Studio LORI				

APRIL 14th - APRIL 20th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	15	16	17	18	19	20
	12:35 – 1:20 pm Cardio Mix Lower Studio BETH		12:35-1:20pm Sculpt & Tone Lower Studio BETH		12:35 – 1:20 pm Sculpt & Tone Lower Studio CHRISTINE G	
		1:35 – 2:20 pm Sculpt & Tone Lower Studio PEGGY		1:35 – 2:20 pm Sculpt & Ab Blast Lower Studio JACKIE		
4:35 – 5:20 pm Sculpt & AB Blast Lower Studio BETH	4:35 – 5:20 pm Sculpt & Tone Lower Studio JANET	4:35 – 5:20 pm Crazy Step Lower Studio ANDREA				
5:35 – 6:45 pm Crazy Step Lower Studio JANET	5:35 – 6:45 pm Kardio Kick Lower Studio LORI	5:35 – 6:45 pm Cardio Mix Lower Studio LORI	4:35 – 5:20 pm Sweat Box Lower Studio CHRISTINE J		4:35 – 5:50 pm Step & AB Blast Lower Studio ANDREA	4:30 – 5:20 pm Sculpt & Tone Lower Studio EMILY
	7:00 – 7:50 pm Sculpt & AB Blast Lower Studio LAURA		5:35 – 6:45 pm Sculpt & AB blast Lower Studio CHRISTINE G			

ALL CLASSES HELD IN THE LOWER DANCE STUDIO

*You MUST register for this program. Management reserves the right to alter or cancel classes as deemed necessary.