






















Effective: March '10

289 East 29th Street Loveland CO 80538 970-667-3800

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Sunrise Spin Robin 		Sunrise Spin Robin 		Sunrise Spin Robin 	
6:00 AM		BODYSTEP Leanne	BODYPUMP Marie	BODYSTEP Leanne	BODYPUMP Marie	ZUMBA FITNESS Yvette	
8:00 AM	 Robin/Susan		 Robin		 Robin		 Team
8:00 AM					WillPower and Grace Beck 		
8:45AM Pool		AquaPower		AquaPower		AquaPower	
9:00 AM	BODYPUMP Team	BODYATTACK Denise		ZUMBA FITNESS Yvette		BODYATTACK Michelle	BODYPUMP Team
9:00 AM			 Tamara		 Amy		
9:00AM Pool			AquaMotion		AquaMotion		
10:00AM Gym		 Robin		 Robin		 Robin	
10:15 AM		BODYPUMP Robin	BODYFLOW Julie	BODYPUMP Julie	BODYFLOW Julie	BODYPUMP Marie	BODYFLOW Leanne
12:00 Pool			AquaTone		AquaTone		
12:00 PM		BODYPUMP Denise		BODYPUMP Sarah	Afternoon Abs 12:15pm 30 mins. Yvette	BODYPUMP Betsie	ZUMBA FITNESS 11:30/Yvette
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 PM		WillPower and Grace Randi	BODYPUMP Robin	BODYSTEP Leanne/Sarah	BODYPUMP Robin	Fitness Fusion Yoga/ Amy	
5:30 PM		 Susan	 Susan	 Susan	 Kim		
5:40PM		BODYPUMP Betsie	BODYATTACK Leanne	BODYPUMP Ryann	BODYATTACK Lindsey	BODYPUMP Team	
6:45 PM		 Hatha Yoga	BODYFLOW Jan	 Vinyasa Flow Yoga/Bethany	BODYFLOW Jan	ZUMBA FITNESS Yvette	