


Effective:4/1/2012

WELL-SPA APRIL FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Body Pump® 6:05am- Rachel	Cardio Tennis 7:30am- Marty
Cycling 8:45am- Sam/Lisa	Kickbox 8:00am- Chris	Cycling 7:45am- Christy	Fitball Sculpt 8:00am- Sindy	Cycling 7:45am- Christy	Cardio Tennis 8:00am- Marty	Cycling Intervals 8:00am- Christy/Rachel
Yoga 10:00am- Sam/Lisa	Zumba Tone® 9:00am- Sindy	Aqua 9:00am- Chris	Body Pump® 9:00am- Christy	Aqua 9:00am- Deb	Zumba® 9:00am- Leticia	Aqua 9:00am- Chris
	Zumba Aqua® 9:00am- Sindy	Body Pump® 9:00am- Christy	Aqua 9:00am- Deb	Zumba® 9:00am- Leticia	Aqua 9:00am- Chris	Body Pump® 9:00am- Christy/Rachel
	Yoga 10:00am- Lisa	Yogalates 10:00am- Sindy	Yoga-Pool Deck 10:00am- Julie	Step 10:00 am- Chris	Yoga 10:00am- Lisa	Yogalates 10:00am- Sindy
	Barre' None 10:00am- Sindy	Yogalates 10:15am- Deb	Yoga-Pool Deck 10:00am- Julie	Step 10:00 am- Chris	Yoga 10:00am- Lisa	Yogalates 10:00am- Sindy
	Beach BodyBootcamp 12 noon-Nicole	Cardio Tennis 1:00pm-Marty				Salsa Lesson 12:00 pm - Nino - \$5
	Step 4:30pm Lisa	Cycling 5:30pm- Cory	Divalicious 5:00pm-Nicole	Cycling 5:30pm- Samantha	Step 5:00pm- Deb	 <p>WELL SPA + SALON + FITNESS®</p>
	Body Pump® 6:45pm- Christy	Pilates 6:00pm-Nicole	Yoga 7:00pm- Julie	Body Pump® 6:45pm- Tina	Zumba®/ Zumba Tone® 6:00pm- Deb	

Cardio Tennis®, Body Pump®, and Cycling require 24 hour sign up. Late arrivals forfeit their reservation to waiting list participants. CALL 262.249.4750. CALL 262.249.4750 EXT. 3830 for Childcare.