































# FitnessWorks Group Fitness Schedule - September 2010

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	 <b>BODYPUMP</b> Debbie	~~~~	 <b>BODYPUMP</b> Cheryl	~~~~	 <b>BODYPUMP</b> Brooke	Have A Ball 8:15 AM Cheryl	~~~~	
7:15 AM	~~~~	~~~~	<i>Beginning Yoga Stretch</i> Richard	~~~~	<i>Yoga</i> Jennifer		~~~~	
8:30 AM	<b>Fit For All</b> Suze	<i>Pilates</i> Mike	<b>Fit For All</b> Suze	<i>Pilates</i> Debbie	<b>Fit For All</b> Suze	 <b>BODYPUMP</b> 9:30 AM Stacey	~~~~	
9:45 AM	Have A Ball Wendy	 <b>BODYPUMP</b> Stacey	Have A Ball Wendy	 <b>BODYPUMP</b> Stacey	Have A Ball Wendy		~~~~	
11:00 AM	~~~~	~~~~	~~~~	~~~~	~~~~	 <b>BODYCOMBAT</b> 10:45 AM Kelly / Dani	<b>Yoga</b> 10:15 AM Richard	
12:15 PM	SeniorWorks Trish & Sandi	~~~~	SeniorWorks Trish & Sandi	~~~~	SeniorWorks Trish & Sandi		~~~~	
1:30 PM	Fit After 50 Sandi	~~~~	Gentle Yoga Jennifer	~~~~	Fit After 50 Sandi	Tai Chi 12:00PM Xiaoping	Intro to Tai Chi 12:00 PM Jodie	
 <b>"Join The Party!"</b> 								
2:45 PM	Gentle Yoga Jennifer	~~~~	~~~~	~~~~	~~~~	 <b>Hours of Operation</b> <u>Mon-Fri 5:30 AM - 10 PM</u> <u>Saturday 8 AM - 7 PM</u> <u>Sunday 9 AM - 6 PM</u>  <a href="http://www.fwofmb.com">www.fwofmb.com</a> (805) 772-7466		
4:00 PM	~~~~	<i>Mattitudes</i> Suze	<i>Yoga 4:15pm</i> Richard	<i>Pilates</i> Dorian	<i>Yoga 4:15pm</i> Richard			
5:15 PM	~~~~	 <b>BODYPUMP</b> Dani	~~~~	 <b>BODYPUMP</b> Dani	~~~~			
5:30 PM	<i>20 min ABS</i> Dani	~~~~	<i>20 min ABS</i> Dani	~~~~	~~~~			
6:15 PM	 <b>BODYCOMBAT</b> Dani / Kelly	~~~~	<i>Circuit Challenge</i> Dani	~~~~				
6:30 PM	~~~~	Yoga Jennifer	~~~~	Yoga Jennifer	~~~~			
								
Class Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:35 AM	~~~~	 <b>SPINNING</b> Doug	~~~~	 <b>SPINNING</b> Libby	 <b>SPINNING</b> Peet	 <b>SPINNING</b> 8:15AM Debbie	 <b>SPINNING</b> 9:15 AM Jeff	
9:00 AM	 <b>SPINNING</b> Roberta	 <b>SPINNING</b> Kathie	 <b>SPINNING</b> Kathie	 <b>SPINNING</b> Roberta	 <b>SPINNING</b> Debbie	 <b>SPINNING</b> 9:30AM Dani		
4:45 PM	 <b>SPINNING</b> (30 Min) Dani	~~~~	 <b>SPINNING</b> (30 Min) Dani	~~~~	~~~~			
5:30 PM	~~~~	 <b>SPINNING</b> Libby	~~~~	 <b>SPINNING</b> Sunshine	~~~~			
6:00 PM	~~~~	~~~~	~~~~	~~~~	~~~~			
<i>Please see reverse side for class descriptions, instructions, and sign-up information.</i>								
★ Change in Schedule		Revised: September 4, 2010						
* Note: Schedule subject to change.*								
<b>Program Director: Dani Cobb</b> <b>Call: Ext. 209 or Email: <a href="mailto:dani@fwofmb.com">dani@fwofmb.com</a></b>								
<b>KidWorks</b> <b>** By Appointment **</b> <i>(may close early when no appointments are scheduled)</i> <b>Monday - Friday</b> 8:30am - 12:00pm 3:45pm - 7:30pm <b>Saturday</b> 8am - 12pm <b>Sunday</b> Closed <b>Services Available</b> \$3.00 per Session or KidWorks Package \$50.00 for 20 visits								