

# GROUP FITNESS CLASSES JUL • AUG • SEP 2010

Potter Fitness Center 226-3982

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 - 6 a.m.	HLP SPIN	HLP SPIN	HLP SPIN	HLP SPIN	HLP SPIN	
6:10 - 7 a.m.	HLP CIRCUIT TRAINING		HLP CIRCUIT TRAINING			
9 - 9:50 a.m.	YOGA	DANCE COMBO		YOGA	HLP STEP	HLP SPIN
10 - 11 a.m.				MOM & TODDLER FREEDOM GYM		
11:30 a.m. - 12:20 p.m.	DANCE COMBO	HLP STEP	YOGA			
3:30 a.m. - 4:30 p.m.			HLP AMDS SPIN		HLP AMDS SPIN	
5 - 5:50 p.m.	HLP STEP ----- BOOT-CAMP ANNEX GYM	HIP-HOP / ZUMBA	HLP ZUMBA ----- BOOT-CAMP ANNEX GYM	HIP-HOP / ZUMBA	ZUMBA	
6 - 6:50 p.m.	POWER YOGA	HLP SPIN	POWER YOGA	HLP SPIN	HLP KICK BOXING	

HLP = Healthy Living Program.

All Classes are FREE. All Classes will be cancelled on Holidays.

\*Please visit Potter Fitness Center or call us at 226-3982 for schedule updates.

