



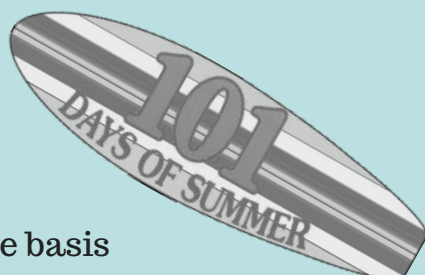
# 101 Days Of Summer

*Exercise is Medicine*  
**TAKE GROUP EXERCISE CLASSES FOR POINTS**

## May 8-31

Schedule On Reverse

Class availability operates on a first come first serve basis



# Semper Fit Center Group Exercise Schedule

Effective April 3rd to June 24th 2017

All classes are 60 minutes unless specified

Active Duty always FREE!

Drop-In class: \$3 each

Punch Card: 10 classes for \$20

Unlimited Monthly Pass: \$30



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0900	<b>Cycling</b> Maresa <i>All Levels</i>	Functional Fitness Nicol <i>All Levels</i>	<b>Cycling</b> Maresa <i>All Levels</i>	<b>Extreme 60</b> Lynn <i>All Levels</i>	<b>Cycling</b> Maresa <i>All Levels</i>	<b>Yoga</b> Staff <i>All Levels</i>
1015				<b>Zumba</b> Lynn <i>All Levels</i>		
1130	<b>Yoga</b> Nicol <i>All Levels</i>	*class begins April 11th* <b>Kickboxing</b> Lynn <i>All Levels</i>		*class begins April 13th* <b>Circuit Training</b> Rachelle		
1715		<b>Zumba</b> Betty <i>All Levels</i>		<u>1730</u> Cosmic Cycle Express Michelle <i>*45 minute class*</i>		
1830	<b>Zumba</b> Denisse & Dot <i>All Levels</i>	<b>Yoga</b> Betty <i>All Levels</i>	<b>Zumba</b> Denisse <i>All Levels</i>	<b>Yoga</b> Nicol <i>All Levels</i>		
HITT CTR	<b>1130 HITT WOD</b> <i>Intermediate / Advanced</i>	<b>1730 HITT WOD</b> <i>Intermediate / Advanced</i>	<b>1130 HITT WOD</b> <i>Intermediate / Advanced</i>	<b>1730 HITT WOD</b> <i>Intermediate / Advanced</i>		
KULIA	<b>1015 Body Weight Burn</b> Toni <i>All Levels</i>		<b>1015 Yoga</b> Caitlin <i>All Levels</i>			