



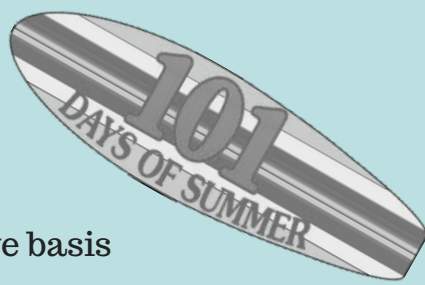
101 Days Of Summer

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