



Fitness Program Schedule

October 13th –Nov 6th ALL 9 a.m
Zumba and Boot Camp Classes are
Free!

Bring a Friend.

Drop the kids off at school and get
to Adrenaline.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Gym Closed	9-10a Zumba Diana	6-7p Boot Camp Tony	9-10a Zumba Diana	6-7p Boot Camp Tony		
	5-6p Yoga Brian	6-7p Zumba Darlene	5-6p Yoga Brian	6-7p Zumba Darlene		
	6-7p Boot Camp Tony		6-7p Zumba Toning Darlene Boot Camp Tony			
	7-8p Cardio Kickboxing Megan		7-8p Cardio Kickboxing Megan			

