



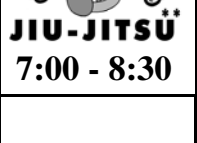


Eastside of the Basketball Court

Westside of the Basketball Court

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Power Sculpt		Power Sculpt		Power Sculpt			5:00 am							
5:30 am	5:00 - 6:00		5:00 - 6:00		5:00 - 6:00			5:30 am							
6:00 am								6:00 am							
6:30 am								6:30 am							
7:00 am								7:00 am							
7:30 am								7:30 am							
8:00 am		Lift-2-Life L2		Lift-2-Life L2			Reserved	8:00 am							Reserved
8:30 am		8:00 - 9:00		8:00 - 9:00			8:00 - 12:00	8:30 am							8:00 - 12:00
9:00 am								9:00 am							
9:30 am	Power Sculpt	Kickboxing &	Step Interval	Kickboxing &	Circuit Power	Kick - Fit*		9:30 am							
10:00 am	9:30 - 10:30	Weight combo	9:30 - 10:30	Weight combo	9:30 - 10:30	& ABS		10:00 am							
10:30 am		9:30 - 10:45		9:30 - 10:45		9:00 - 10:30		10:30 am							
11:00 am								11:00 am							
11:30 am								11:30 am							
12:00 pm							Please	12:00 pm							Please
12:30 pm							Check	12:30 pm							Check
1:00 pm							the Front	1:00 pm							the Front
1:30 pm							Please	1:30 pm						Please	Desk for
2:00 pm							Check	2:00 pm						Check	Availability
2:30 pm							the Front	2:30 pm						the Front	
3:00 pm							Desk for	3:00 pm						Desk for	
3:30 pm							Availability	3:30 pm						Availability	Basketball
4:00 pm	Step Interval							4:00 pm							League
4:30 pm	4:00 - 5:00							4:30 pm							Lessons
5:00 pm	Body Sculpt	Step & Sculpt		Step & Sculpt				5:00 pm	Kids Programs Mon. - Thurs. 5:00 pm to 6:00 pm						3:00 - 7:00
5:30 pm	5:00 - 6:00	5:00 - 6:00		5:15 - 6:00				5:30 pm							
6:00 pm	AB Lab	Tae Kwon-Do*	AB Lab	Tae Kwon-Do*	Cheerleading			6:00 pm						Cheerleading	
6:30 pm	Kick-Fit*	6:00 - 6:45	Kick-Fit*	6:00 - 6:45				6:30 pm	Kick - Fit*		Kick-Fit*				
7:00 pm	6:30 - 8:00	Boot camp	6:30 - 8:00	Boot camp	6:00 - 8:00			7:00 pm	6:30 - 8:00		6:30 - 8:00		6:00 - 8:00		
7:30 pm		6:45 - 7:45		6:45 - 7:45				7:30 pm							
8:00 pm					Open			8:00 pm					Open		
8:30 pm					Competitive			8:30 pm					Competitive		
9:00 pm					Volleyball			9:00 pm					Volleyball		
9:30 pm			Basketball		8:00 - 10:00			9:30 pm			Basketball		8:00 - 10:00		
10:00 pm			8:00 - 10:00					10:00 pm			8:00 - 10:00				
10:30 pm	* You may have to purchase special equipment for this class. Please check with the front desk for details.							10:30 pm	** There is an additional fee for this class. For more information please visit www.TapOrSnap.com						
11:00 pm								11:00 pm							

Up Stairs Cycle/Yoga/Pilates Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							
5:30 am							
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am		Team Cycle		Team Cycle		Team Cycle	
8:30 am		8:15 - 9:15		8:15 - 9:15		8:15 - 9:15	
9:00 am							
9:30 am	Team Cycle	Yoga*	Team Cycle	Yoga*	Team Cycle	Yoga*	
10:00 am	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:15	9:30 - 11:00	
10:30 am							
11:00 am	Pilates		Pilates				
11:30 am	10:45 - 11:45		10:45 - 11:45				
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm		Yoga*		Yoga*			
4:30 pm		4:15 - 5:15		4:15 - 5:15			
5:00 pm							
5:30 pm		Pilates		Pilates			
6:00 pm	Yoga*	5:30 - 6:30	Yoga*	5:30 - 6:30			
6:30 pm	6:00 - 7:00		6:00 - 7:00				
7:00 pm							
7:30 pm	Team Cycle	Team Cycle		Team Cycle			
8:00 pm	7:30 - 8:30	7:30 - 8:30		7:30 - 8:30			
8:30 pm							
9:00 pm							
9:30 pm							
10:00 pm							

Due to limited space, you must pre-register at the front desk for all up stair classes. - Thank you

*** You may have to purchase special equipment for this class. Please check with the front desk for details.**



CLASS SCHEDULE

FALL, 2006

Effective on 09/05/2006

Class Descriptions

AB LABS

Looking for the sexy stomach? When combined with cardio, these 30 minutes of total Ab workout will give you the results you've just dreamed about.

Boot Camp

Go back to the basics with this intense workout. A great workout for those who don't like complicated step choreography! Test your fitness level to the max. Become one of the few, the proud, and the conditioned!

Brazilian Jiu-Jitsu

As seen in the UFC and countless MMA fights Brazilian Jiu-Jitsu (BJJ) is simply the most effective form of self-defense available.

We're an official school of the world famous Gracie Barra Team. Try a free class and see for yourself the effectiveness of BJJ.

Visit: www.TapOrSnap.com for more information.

Cardio Kickboxing

An aerobic based kickboxing class, which uses punching and kicking to increase your cardio level similar to Tae Bo.

Kick Fit

A combination of aerobics, traditional kickboxing, resistance and polymeric training. A great class for all levels because of the easy choreography and the ability to work at your own intensity.

Lift-2-Life

Level 1 - Chair Aerobics: A introduction to aerobic and strength training.

Level 2 - Combines both aerobic and resistance training and can be modified to fit the workout levels of all different individuals.

Pilates

A mind-body exercise class focused on core stability, neutral alignment and patterned breathing. Pilates can help restore the natural