



Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	Battle Ropes (Dennis 30 mins)	Boot Camp (Dennis 45 mins)	Cycling (Angelica 1 hour)	Boot Camp (Dennis 45 mins)	Yoga (Dave)	
9:00 am	Cardio Blast (Shelia 1 hour)	Step & Tone (Shelia 1 hour)	Cardio Blast (Shelia 1 hour)	Step & Tone Shelia (1 hour)	Step & Floor (Miki 1 hour)	Group Exercise
5:30 pm	Zumba (Damian)	Pilates (Leann)	Zumba (Damian)	Pilates (Leann)	Zumba (Damian)	
5:30 pm	Kids Zumba (Carol)	Insanity	Kids Zumba (Carol)			
5:30 pm	Spin (Robert)	Bethany	Spin (Robert)			
6:30 pm	Yoga (Peggy)	Zumba (Keylee)	TRX (Damian)	Zumba (Keylee)		
6:30 pm		X Training (Amber)	Yoga (Peggy)	Cycling (Leann)		
6:30 pm				X Training (Amber)		

To Register or Try Class for Free go to
futurefitnesshealthclub.com