

SEPTEMBER FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 AM Yoga Kathy O</p> <p>10:15 AM Aqua Mania Kathy O</p>	<p>7:00 AM Cardio Strength & Beaming David 1-1/2 hr. class</p> <p>9:00 AM Mind Body Stretch Scott</p> <p>10:15 AM Aqua Fitness Kathy S</p> <p>10:30 AM Spin Mania Tony (50 min Class)</p> <p>4:30 PM Power Yoga John</p> <p>5:30 PM Martial Cardio Dance Scott</p>	<p>7:30 AM Yoga/Pilates Fusion Kathy O</p> <p>9:00 AM Burn & Firm Kathy O</p> <p>10:30 AM Endurance Spin Class Kathy O <i>Intermediate (50 minutes)</i></p> <p>4:30 PM Pilates Susie</p> <p>6:00 PM East West Fusion Scott</p>	<p>7:00 AM Low Impact & Sculpt David 1 hr. class</p> <p>9:00 AM Total Body Kathy S.</p> <p>10:15 AM Spin & Pump Kathy O</p> <p>10:15 AM Aqua Fitness Kathy S</p> <p>4:00 PM Yoga Kaleo</p> <p>5:30 PM Power & Strength Spin Class 50 min. Bootsie- Intermediate</p>	<p>7:30 AM Spin Class Kathy O <i>Intermediate (50 minutes)</i></p> <p>9:00 AM Just Kick It Kathy O</p> <p>10:00 AM AB Blaster Kathy O <i>(30 minutes)</i></p> <p>10:30 AM Dance Fusion Virginia</p> <p>4:30 PM Gentle Yoga John</p>	<p>7:00 AM Spin Circuit/Splash David 1-1/2 hr. class</p> <p>9:00 AM Total Body Kathy S</p> <p>10:15 AM Total Pump Combo Daniel</p> <p>10:15 AM Aqua Fitness Kathy S</p>	<p>8:30 AM Weekend Warrior Tony/Spin Class</p> <p>9:30 AM Qigong Kaleo</p> <p>10:15 AM Aqua Mania Emil</p>



SPA RESORT CASINO

HIRE A PERSONAL TRAINER TODAY CALL: 760-778-1540

All Classes subject to change