

FITNESS SCHEDULE

Effective January 9th 2012

ESTEP WELLNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	P3T Prenatal Aerobics Soldiers Only	Unit Physical Training Upon Request	P3T Prenatal Aerobics Soldiers Only	Unit Physical Training Upon Request	P3T Prenatal Aerobics Soldiers Only	
9:00 AM	Indoor Cycle Ashley (55 Min)	Yoga Mariana (55 min)	Turbo Kick Megan/Karyn (55 Min)	Yoga Mariana (55 min)	Indoor Cycle Hylan/Karyn (55 Min)	Zumba Maryuri 9:30-10:30 am
10:00 AM M/W/F	Pilates Karyn/Deanna (55 Min)	Zumba Mariana 10:30-11:30	Core Fusion Ashley (55 min)	Zumba Mariana 10:30-11:30	Power Yoga Hylan (55 min)	
11:00 AM M/W/F	Zumba Toning Ashley (55 min)	Total Pump Hylan/Lauren 11:30-12:30	Yoga Mariana (90 min)	Total Pump Hylan/Lauren 11:30-12:30	Zumba Wendy/Maryuri (55 Min)	Kick Boxing Plus Catherine 10:30-11:30 am
12:00 PM						
1:00 PM	RESERVED FOR WTU 1300-1515 MONDAY-THURSDAY					
4:30PM	Step Plus Betty (55 min)	Zumba/Turbo Ashley/Karyn (55 Min)	Step Plus Betty (55 min)	Power Yoga Hylan (55 Min)		
5:30 PM	Total Pump Hylan (55 Min)	Indoor Cycle Hylan (55 min)	Zumba Mariana (55 min)	Indoor Cycle Hylan (55 min)	Zumba Maryuri (90 min)	
6:00 PM						
6:30 PM	Kickboxing Plus Catherine (55 min)	Extreme Circuit Ashley (55 min)	Indoor Cycle Carla (55 min)	Zumba Carla (55 min)		



CLASS AND OR INSTRUCTOR SUBJECT TO CHANGE WITHOUT NOTICE

Look New Year New YOU/ Wed Yoga at 11am is 90 min still same cost/ Zumba on Friday evening 90 min

Just Estep's way of saying thank you for your loyal patronage!!! Also coming soon HOT YOGA!