












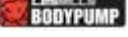
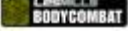

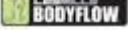

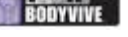





WOW Group Fitness Program

		Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Studio A	Time								
	8:15am	 BODYPUMP	Circuit Training	 BODYVIVE			 BODYPUMP	8:15am	 BODYCOMBAT
	9:30am	 BODYATTACK	 BODYCOMBAT	 BODYPUMP	Core/Conditioning			9:30am	 BODYPUMP
	11:00am								
	1:00pm							1:00pm	 BODYPUMP
	1:30pm	Line Dancing		Line Dancing					
	4:30pm	 BODYCOMBAT	 BODYPUMP	 BODYVIVE	 BODYFLOW				
	5:45pm	 BODYPUMP	 BODYCOMBAT	Zumba	 BODYATTACK	Zumba			
	7:00pm	Zumba	 BODYFLOW	 BODYPUMP	 BODYVIVE	 BODYPUMP			
Studio B	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	7:15am						7:15am	 RPM	
	8:15am				 RPM				
	8:30am						8:30am	Spin	