



MAY 2010

Weekly Class Schedule



Silver Sneakers w/Candy
Mon/Wed -12pm-1pm



Bodysculpt w/Jackie
Mon/Wed- 6pm-7pm
Wed W/ Mike Martin



Abs w/ Ami
Tue- 5:30pm-6pm
Thurs- 5:30pm-6pm



Zumba With Ami
Mon- 9am-10am
Tues-6pm-7pm
Wed- 9am-10am
Thurs-6pm-7pm



"Youth Gone Wild"
Mon & Wed 4pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 CLOSED
2	3	4	5	6	7	8 CLOSED
9	10	11	12	13	14	15 CLOSED
16	17	18	19	20	21	22 CLOSED
23/ 30	24/ 31	25	26	27	28	29 CLOSED

NEW AT THE BODY FACTORY! A PRE STRETCH AND WORKOUT YOUTH PROGRAM COMPLETE WITH WEIGH IN, MEASUREMENTS, A GROUP T-SHIRT AND YUMMY SNACK AND DRINK TO TOP OFF A GREAT WORK OUT!

"Youth Gone Wild"

