










Weekly Schedule
 (Starting August 2009)
 (May change without notice)

159 Weston Road
 954-217-8660

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM	Results Teresa	Fast, Fit & Fab Kathy	Dance fusion Nuska	Iron body Melissa	Rumba German	<i>Have a friend join to work out with you!</i>	<i>Have a friend join to work out with you!</i>
9:30 AM	Steps/Core Maritza	Pure Strength Humberto	Circuit Training Kathy	Rumba German	Power Pilates Maritza	Maximun Output Kathy/Teresa	<i>Have a good healthy week!</i>
9:30 AM	 Spinning	<i>Why don't you try our new equipment?</i>	 Spinning 8:30 am	<i>Have a friend join to work out with you!</i>	 Spinning	 Spinning	<i>Have a friend join to work out with you!</i>
10:30 AM	Power Flow Yoga Melissa	Pilates Mat Barbara	Retro-Aerobics Barbara	<i>Bring a friend and get on the BINGO</i>	<i>Try our Personal Training beginners program</i>	Rumba German	<i>Try our Personal Training beginners program</i>
11:30 AM	<i>Have a friend join to work out with you!</i>	<i>Try our Personal Training beginners program</i>	<i>Bring a friend and get on the BINGO</i>	<i>Try our Personal Training beginners program</i>	<i>Have a friend join to work out with you!</i>	Purgatory Bootcamp (paid) Humberto	<i>Have a friend join to work out with you!</i>
5:15 PM	Aerobics Low Impact Maritza	Power Pilates Maritza	Interval Training Teresa	Bikini Body Sculpt Teresa	<i>Bring a friend and get on the BINGO</i>	<i>Have a friend join to work out with you!</i>	<i>Bring a friend and get on the BINGO</i>
6:15 PM	Circuit training Kathy	Body Conditioning Leo	Pure strength Humberto	Fast, Fit & Fab Kathy	Club Hours Mon - Th: 6:30 am to 9:00 pm Friday: 6:30 am to 5:30 pm Saturday: 8:00 am to 1:30 pm Sunday: 9:00 am to 12:00 pm Babysitting Hours Mon-Th 8:00 am-11:30 am-8:15 pm Friday 8:00 am-11:30 am Saturdays 9:30 am to 11:30 am	Personal Training Special 25 X 25 Ask for Details	
7:15 PM	Power Taebo German	Zumba Isabel	Rumba German	Moonlight Stretch \$5m & \$10nm Humberto			
7:00 or 7:15PM	 7:15 Spinning	 7:00 Spinning	<i>Have a friend join to work out with you!</i>	 7:00 Spinning			

Personal Training Special 25 X 25 Ask for Details