

ENDURANCE FITNESS CENTER OF ALPINE

GROUP FITNESS SCHEDULE

WINTER 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM			Senior Express				
9:00 AM		Senior Fitness	Cardio Strength & Stretch	Senior Fitness			
9:30 AM	Double Strength		Muscle Definition		Cardio Combat		
10:00 AM		Yoga Stretch		Yoga Stretch		Body Pump	
5:30 PM	Body Pump	Spin	Body Pump	Spinning			
6:30 PM	Body Step	Zumba	Body Pump				