



Victory Fitness Center North

Group Fitness & Aerobic Classes

September 2008



*Fee-Based Classes. See front desk for details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy Labor Day! Club Hours: 6am-6pm 8:00am Step 9:00am Total Body 10:30am Arthritis Aqua	2 9:30am Kickboxing 11:30am Aqua 5:30pm Cycling Plus* 5:30pm Arthritis+ 6:30pm Aqua Interval 6:30pm Latin Fusion 7:00pm Yoga II	3 9:30am Latin Fusion 9:30am Aqua 10:00am Ball! 10:30am Arthritis Aqua 10:30am Yoga Express 5:30pm Belly Dance 5:30pm Aqua Xtreme 6:30pm Aqua Interval 6:30pm Cardio Fusion 7:30pm Total Body	4 9:30am Kickboxing 11:30am Aqua 5:30pm Weight Training 5:30pm Arthritis Aqua 6:15pm Boot Camp 6:30pm Aqua Mix 8:00pm Pilates	5 8:30am 20/20/20 9:00am Aqua 9:30am Step & Sculpt 10:00am Arthritis Aqua 6:00pm Aqua Tone 7:00pm Pilates	6 9:15am Total Body 10:00am Aqua Surprise 10:00am Latin Fusion 11:00am Yogilates
8 9:30am Aqua 10:00am Total Body 10:30am Arthritis Aqua 5:30pm Aqua Xtreme 5:30pm Mini Workout 6:00pm Circle Step 6:30pm Aqua Surprise 7:15pm Cycling Plus*	9 9:30am Kickboxing 11:30am Aqua 5:30pm Cycling Plus* 5:30pm Arthritis+ 6:30pm Aqua Interval 6:30pm Latin Fusion 7:00pm Yoga II	10 9:30am Latin Fusion 9:30am Aqua 10:00am Ball! 10:30am Arthritis Aqua 10:30am Yoga Express 5:30pm Belly Dance 5:30pm Aqua Xtreme 6:30pm Aqua Interval 6:30pm Cardio Fusion 7:30pm Total Body	11 9:30am Kickboxing 11:30am Aqua 5:30pm Weight Training 5:30pm Arthritis Aqua 6:15pm Boot Camp 6:30pm Aqua Mix 8:00pm Pilates	12 8:30am 20/20/20 9:00am Aqua 9:30am Step & Sculpt 10:00am Arthritis Aqua 6:00pm Aqua Tone 7:00pm Pilates	13 9:15am Total Body 10:00am Aqua Surprise 10:00am Latin Fusion 11:00am Yogilates
15 9:30am Aqua 10:00am Total Body 10:30am Arthritis Aqua 5:30pm Aqua Xtreme 5:30pm Mini Workout 6:00pm Circle Step 6:30pm Aqua Surprise 7:15pm Cycling Plus*	16 9:30am Kickboxing 11:30am Aqua 5:30pm Cycling Plus* 5:30pm Arthritis+ 6:30pm Aqua Interval 6:30pm Latin Fusion 7:00pm Yoga II	17 9:30am Latin Fusion 9:30am Aqua 10:00am Ball! 10:30am Arthritis Aqua 10:30am Yoga Express 5:30pm Belly Dance 5:30pm Aqua Xtreme 6:30pm Aqua Interval 6:30pm Cardio Fusion 7:30pm Total Body	18 9:30am Kickboxing 11:30am Aqua 5:30pm Weight Training 5:30pm Arthritis Aqua 6:15pm Boot Camp 6:30pm Aqua Mix 8:00pm Pilates	19 8:30am 20/20/20 9:00am Aqua 9:30am Step & Sculpt 10:00am Arthritis Aqua 6:00pm Aqua Tone 7:00pm Pilates	20 9:15am Total Body 10:00am Aqua Surprise 10:00am Latin Fusion 11:00am Yogilates
22 9:30am Aqua 10:00am Total Body 10:30am Arthritis Aqua 5:30pm Aqua Xtreme 5:30pm Mini Workout 6:00pm Circle Step 6:30pm Aqua Surprise 7:15pm Cycling Plus*	23 9:30am Kickboxing 11:30am Aqua 5:30pm Cycling Plus* 5:30pm Arthritis+ 6:30pm Aqua Interval 6:30pm Latin Fusion 7:00pm Yoga II	24 9:30am Latin Fusion 9:30am Aqua 10:00am Ball! 10:30am Arthritis Aqua 10:30am Yoga Express 5:30pm Belly Dance 5:30pm Aqua Xtreme 6:30pm Aqua Interval 6:30pm Cardio Fusion 7:30pm Total Body	25 9:30am Kickboxing 11:30am Aqua 5:30pm Weight Training 5:30pm Arthritis Aqua 6:15pm Boot Camp 6:30pm Aqua Mix 8:00pm Pilates	26 8:30am 20/20/20 9:00am Aqua 9:30am Step & Sculpt 10:00am Arthritis Aqua 6:00pm Aqua Tone 7:00pm Pilates	27 9:15am Total Body 10:00am Aqua Surprise 10:00am Latin Fusion 11:00am Yogilates
28 9:30am Aqua 10:00am Total Body 10:30am Arthritis Aqua 5:30pm Aqua Xtreme 5:30pm Mini Workout 6:00pm Circle Step 6:30pm Aqua Surprise 7:15pm Cycling Plus*	29 9:30am Kickboxing 11:30am Aqua 5:30pm Cycling Plus* 5:30pm Arthritis+ 6:30pm Aqua Interval 6:30pm Latin Fusion 7:00pm Yoga II	30 9:30am Latin Fusion 9:30am Aqua 10:00am Ball! 10:30am Arthritis Aqua 10:30am Yoga Express 5:30pm Belly Dance 5:30pm Aqua Xtreme 6:30pm Aqua Interval 6:30pm Cardio Fusion 7:30pm Total Body	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Try</p> <p>Cycling or Barbell </p> <p>FREE!</p> <p>Member Name: _____</p> </div> <div style="text-align: center;"> <p>Bring this pass to the front desk before class. 1st time only. Not valid on wait-listed classes.</p> </div> </div>		
			<div style="text-align: center;"> <p>Bring a friend to try your favorite class for FREE!</p> <p>Guest Name: _____</p> <p>Member Name: _____</p> <p>Guest must be 18yrs or older. 1st time visitors only. Must be accompanied by VFC Personnel.</p> </div>		

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