



Victory Fitness Center West

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 9:00am Aqua 9:00am Barbell* 10:30am Cycling* 2:00pm Lite Impact 5:00pm Core	2 9:00am Aqua 9:00am Bands 5:00pm Barbell* 5:30pm Aqua Interval 6:00pm Basic Step 7:00pm Boot Camp 8:00pm Kickboxing	3 9:00am Aqua 10:00am Arthritis Aqua 2:00pm Lite Impact 5:00pm Core 5:30pm Kick Express 6:00pm AquaXtreme 6:00pm Barbell* 7:00pm Cycling*	4 9:00am Aqua 9:00am Bands 5:00pm Cardio Blast 5:30pm Zumba 6:15pm Adv Step 6:30pm Aqua Tone 7:30pm Boot Camp	5 9:00am Aqua 8:30am Total Body 4:00pm Core 4:30pm Cycling* 5:30pm Barbell* 6:15pm Aqua Surprise	6 9:30am Aqua Tone 9:30am StepNSculpt 10:30am Yoga II 2:00pm Cardio Blast
8 9:00am Aqua 9:00am Barbell* 2:00pm Lite Impact 5:00pm Core 5:00pm Arthritis Aqua 5:30pm Cycling* 6:30pm AquaXtreme 6:30pm Total Body 7:00pm Zumba 7:45pm Yoga	9 9:00am Aqua 9:00am Bands 5:00pm Barbell* 5:30pm Aqua Interval 6:00pm Basic Step 7:00pm Boot Camp 8:00pm Kickboxing	10 9:00am Aqua 10:00am Arthritis Aqua 2:00pm Lite Impact 5:00pm Core 5:30pm Kick Express 6:00pm AquaXtreme 6:00pm Barbell* 7:00pm Cycling*	11 9:00am Aqua 9:00am Bands 5:00pm Cardio Blast 5:30pm Zumba 6:15pm Adv Step 6:30pm Aqua Tone 7:30pm Boot Camp	12 9:00am Aqua 8:30am Total Body 4:00pm Core 4:30pm Cycling* 5:30pm Barbell* 6:15pm Aqua Surprise	13 9:30am Aqua Tone 9:30am StepNSculpt 10:30am Yoga II 2:00pm Cardio Blast
15 9:00am Aqua 9:00am Barbell* 2:00pm Lite Impact 5:00pm Core 5:00pm Arthritis Aqua 5:30pm Cycling* 6:30pm AquaXtreme 6:30pm Total Body 7:00pm Zumba 7:45pm Yoga	16 9:00am Aqua 9:00am Bands 5:00pm Barbell* 5:30pm Aqua Interval 6:00pm Basic Step 7:00pm Boot Camp 8:00pm Kickboxing	17 9:00am Aqua 10:00am Arthritis Aqua 2:00pm Lite Impact 5:00pm Core 5:30pm Kick Express 6:00pm AquaXtreme 6:00pm Barbell* 7:00pm Cycling*	18 9:00am Aqua 9:00am Bands 5:00pm Cardio Blast 5:30pm Zumba 6:15pm Adv Step 6:30pm Aqua Tone 7:30pm Boot Camp	19 9:00am Aqua 8:30am Total Body 4:00pm Core 4:30pm Cycling* 5:30pm Barbell* 6:15pm Aqua Surprise	20 9:30am Aqua Tone 9:30am StepNSculpt 10:30am Yoga II 2:00pm Cardio Blast
22 9:00am Aqua 9:00am Barbell* 2:00pm Lite Impact 5:00pm Core 5:00pm Arthritis Aqua 5:30pm Cycling* 6:30pm AquaXtreme 6:30pm Total Body 7:00pm Zumba 7:45pm Yoga	23 9:00am Aqua 9:00am Bands 5:00pm Barbell* 5:30pm Aqua Interval 6:00pm Basic Step 7:00pm Boot Camp 8:00pm Kickboxing	24 9:00am Aqua 10:00am Arthritis Aqua 2:00pm Lite Impact 5:00pm Core 5:30pm Kick Express 6:00pm AquaXtreme 6:00pm Barbell* 7:00pm Cycling*	25 9:00am Aqua 9:00am Bands 5:00pm Cardio Blast 5:30pm Zumba 6:15pm Adv Step 6:30pm Aqua Tone 7:30pm Boot Camp	26 9:00am Aqua 8:30am Total Body 4:00pm Core 4:30pm Cycling* 5:30pm Barbell* 6:15pm Aqua Surprise	27 9:30am Aqua Tone 9:30am StepNSculpt 10:30am Yoga II 2:00pm Cardio Blast
28 9:00am Aqua 9:00am Barbell* 2:00pm Lite Impact 5:00pm Core 5:00pm Arthritis Aqua 5:30pm Cycling* 6:30pm AquaXtreme 6:30pm Total Body 7:00pm Zumba 7:45pm Yoga	29 9:00am Aqua 9:00am Bands 5:00pm Barbell* 5:30pm Aqua Interval 6:00pm Basic Step 7:00pm Boot Camp 8:00pm Kickboxing	30 9:00am Aqua 10:00am Arthritis Aqua 2:00pm Lite Impact 5:00pm Core 5:30pm Kick Express 6:00pm AquaXtreme 6:00pm Barbell* 7:00pm Cycling*	<div style="border: 1px dashed black; padding: 10px;"> <p style="text-align: center;">Try</p> <p style="text-align: center;"> Cycling or Barbell FREE! </p> <p style="text-align: center;">Member Name: _____</p> </div>		

Bring this pass to the front desk before class. 1st time only. Not valid on wait-listed classes.

Bring a friend to try your favorite class for **FREE!**

Guest Name: _____

Member Name: _____

Guest must be 18yrs or older. 1st time visitors only. Must be accompanied by VFC Personnel.