

MAQUOKETA

Spring 2 Session 2010

April 26-June 8 2010



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
5:45a	Get Up & Go	Spin	Get up & Go	Spin	Get up & Go	
7:15a	Stability Ball		Band Camp			
7:30a						Spin
8:00a	Aqua Golden	Aqua Golden	Aqua Golden	Aqua Golden		
9:00a		Golden Combo		Cardio Blast!		
5:15p						
5:30p			Sizzling Tone Spin	Stability Ball		
6:00p		Yoga				
6:15p		H2O		H2O		

FITNESS