

# Southwest Maximus in Wood Valley

## Group Fitness Studio

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Morning Schedule</b>		6:00-7:00 Boot Camp Cara	6:00-7:00 Boot Camp Terra	6:00-7:00 Boot Camp Cara	6:00-7:00 Turbo Kick Kathy	8:15-9:15 Step Circuit/ Interval  Cathy	8:00
	8:00-9:00 Step Wendy	8:00-9:00 Step  Cathy	8:00-9:00 Step Wendy	8:00-9:00 Body Shaping  Cathy	7:45-8:30 <b>Drum's Alive</b>  Chris		
	9:05-10:00 Barbell Chisel Circuit  Kathy	9:05-10:05 Cardio Chisel  Kathy		9:05-10:15 Step Circuit  Kathy		9:20-10:20 Step Combo/ Ab Attack  Reuby	
	10:15-11:30 <b>Senior Classic Fit</b>  Stacey Z.	10:30-11:30 <b>Seniors Crystal</b>  <b>11:35-12:30 Zumba Gold Amy</b>	10:15-11:30 <b>Senior Classic Fit</b>  Stacey Z.	10:30-11:30 <b>Seniors Crystal</b>  <b>11:35-12:30 Zumba Amy</b>	10:15-11:30 <b>Senior Classic Fit</b>  Pat		
	12 :15-1 :00 Boot Camp Tammy	12 :15-1 :00 Boot Camp Tammy	12 :15-1 :00 Boot Camp Angie	12 :15-1 :00 Boot Camp Tammy	12 :15-1 :00 Boot Camp Angie		
<b>Evening Schedule</b>	5 :30-6 :25 KickFit & Max Abs  Tamara	5 :30-6 :25 Body Pump & Max Abs  Tamara	5 :30-6 :25 KickFit & Max Abs  Tamara	5 :30-6 :25 Body Pump & Max Abs  Tamara	5:30-6:30 <b>Zumba</b>  Amy		
	6 :30-7 :30 Cardio/ Step Combo  Reuby	6 :30-7 :30 Step Paula	6 :30-7 :30 Cardio/ Step Combo  Reuby	6 :30-7 :30 Step Paula		<b>Updated 3-12-10 TMC</b>	

*Classes are subject to change, please call the gym for confirmation.*

~~~~~All Grey Shaded classes are Senior formatted classes~~~~~