

















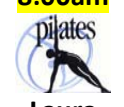



























BETTER BODIES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00am or 5:30am	5:00am  Spencer	5:30am  Spencer		5:30am  Spencer		7:00am	 Jeanine	
6:05am	 Jason	6:30am  Jason	 Jason	6:30am  Jason	 Jason	8:05am	 Bob	8:30am  Jennifer
7:10am	 Jeanine		 Jeanine		 Jeanine	9:05am	 Bob	
8:15am	 Yoga DeeAnne	8:00am  pilates Laura	 Yoga DeeAnne	8:00am  pilates Laura	 Yoga DeeAnne	10:05am	 ZUMBA fitness Margot	10:30am  Yoga DeeAnne
9:15am	9:30am  Brice	 POWER YOGA DeeAnne	9:30am  Brice	 POWER YOGA DeeAnne	9:30am  Brice	11:15am	 POWER YOGA Morgan	
12:00pm		 Woody		 Woody				
4:30pm	 Woody	 pilates Laura	 Woody	 pilates Laura	 Spencer			
5:35pm	 James	 Spencer	 James	 Matt	 James			
6:40pm	 Linda	 Mikal	 POWER YOGA Maggie D.	 Julie				

Better Bodies # 731-1668

Gym Hours: Mon-Fri 5:00AM to 8:00 PM, Sat 6:00AM to 3:00PM, Sun 8:00am to 12:00PM