








**JULY 2010**

# GROUP FIT


Brea Group Fitness Supervisor:  
Melodye Wintemute

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45 am			6 am ✓ Circuit Supreme Jamie (fee)					
7:30 am								
8:30 am	 CYCLE Donna	ZUMBA! Reyna	BODY BLAST Debra	BALLS, BOSU & PUMP Tracy <small>NEW FORMAT!</small>	 CYCLE Gale	YOGA Darcy	9 am ✓ Circuit Supreme Melissa (fee)	
9:30 am	STEP & PUMP Rebecca G.	C.S.I. Yvette	CARDIO MIX Lena	 CYCLE Gale	BODY BLAST Dianne	BEG. CYCLE & PUMP  Chris		
10:30 am	MAT PILATES Brandee	BOSU, BANDS & HOOP Sheri	YOGA Beate	CARDIO SCULPT Gale	MAT PILATES Karen W.	MAT PILATES Chris		
Noon					11:30 am ✓ Circuit Supreme Jamie (fee)	 <b>Circuit Supreme Group Training!</b> With a Certified Personal Trainer (Fee Based) Fitness circuit training once or twice a week can significantly improve your overall fitness! YES, you can have fun when you exercise!! All Fitness levels are encouraged to join. Get your weight training and cardio all done in 50 minutes! Limited to 6 ladies per Training Session. Ask any Personal Trainer how to sign up today!!  Sunday: With Melissa at 9 am Wednesday: With Jaime at 6 am Friday: With Jamie at 11:30 am		
4:30 pm								
5:30 pm	 CYCLE Janet	BODY BLAST Gale	ZUMBA! Olga	MAT PILATES Gale				
6:30 pm	TURBO KICK Olivia	YOGA April	BALLS, BOSU & PUMP Melineh	ZUMBA! Vanessa <small>NEW INSTRUCTOR!</small>				
7:30 pm	 DRUMS ALIVE! Olivia							
CLUB HOURS	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 8 pm	6 am - 8 pm Beg. 5/14: 7 am - 5 pm	6 am - 8 pm Beg. 5/14: 7 am - 5 pm	
CHILD CARE HOURS	8 am-12:30 pm & 4-8:30 pm	8 am-12:30 pm & 4-8 pm	8 am-1 pm & 4-8 pm	8 am-12:30 pm & 4-8 pm	8 am-12:30 pm	8 am-11:30 am	Child Care Closed	

## Total WOMAN Gym & Day Spa

All classes are 50 minutes in length and are subject to change without notice.  
TBA - To Be Announced

910 E. Birch St., Brea  
(714) 256-4974  
Download this schedule at:  
[www.TotalWomanSpa.com](http://www.TotalWomanSpa.com)

 - Numbered Class Pass Required  
30 minutes prior to start of class--  
Only one pass per member please.