











JULY 2010

GROUP FIT

Encinitas Group Fitness Supervisor:
Katie Beroukhim

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	 CYCLE Kristi/Colleen		 CYCLE Kristi/Anna				
7:00 am					 CYCLE Anna		
7:30 am		YOGA Katie		YOGA Katie		YOGA Aline	
8:30 am	 CYCLE & PUMP Anna	BODY BLAST Stephanie	 CYCLE Monique	BODY BLAST Monique	MAT PILATES Joy	ZUMBA! April	
9:30 am	BODY BLAST Monique	 CYCLE Stephanie	STEP & PUMP INTERVAL Monique	CARDIO DANCE JAM Monique	C.S.I. Joy	BODY BLAST Sharon	TNT & PUMP Tammy
10:30 am	ZUMBA! Sridevi	YOGA Kristie	MAT PILATES Kelly	ZUMBA! Meg	YOGA Kristie	 CYCLE Kristi	YOGA Tammy
11:30 am		LOW IMPACT Katie					
4:00 pm							
5:00 pm	YOGA Joy	ZUMBA! April	BODY BLAST Sharon	 CYCLE Anna			
6:00 pm	 CYCLE & PUMP Kristi	LOW IMPACT Suzanne	 CYCLE Trish	ZUMBA BASICS! Dre <small>NEW INSTRUCTOR!</small>			
7:00 pm			YOGA Questa	MAT PILATES Kelly			
CLUB HOURS	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 8 pm	6 am - 7 pm	6 am - 7 pm
CHILD CARE HOURS	8 am-12:30 pm & 4:45-7:00 pm	8 am-12:30 pm & 4:45-7 pm	8 am-12:30 pm & 4:45-8:00 pm	8 am-12:30 pm • Evening hours by reservation only ☺	8 am-12:30 pm	8 am-12 pm	9:15-11:15 am: By reservation only ☺

172 N. El Camino Real Blvd., Encinitas
(760) 632-1258
Download this schedule at:
www.TotalWomanSpa.com

Total WOMAN Gym & Day Spa

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

☺ To make a Kids Club reservation, please contact the front desk:
(760)632-1258. 24-hour notice is required.