

JULY 2010

GROUP FIT

Glendale Group Fit Supervisor:
Lacey Barnes
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START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am			CYCLE Stephanie	CARDIO KICK Michelle	CYCLE Stephanie		
7:00 am		ZUMBA! Ruby NEW!	BODY BLAST Anne				
8:00 am	ZUMBA! Nelly NEW!	BODY BLAST Amy	CARDIO & PUMP INTERVAL Jeanette	BODY BLAST Tere	YOGA Lacey	CORE FUSION Charletha	
9:00 am	◆ BODY BLAST Joanne	TNT CARDIO Mandy	STEP & PUMP Diana	◆ ZUMBA! Linda	BODY BLAST Mandy	CARDIO & PUMP INTERVAL Charletha	STEP & KICK Connie
10:00 am	HATHA YOGA Joella	BODY BLAST Mandy	HATHA YOGA Camille	BODY BLAST Stephanie	TNT CARDIO Mandy	TURBOKICK Kate NEW!	BODY BLAST Connie
11:00 am		CYCLE Charletha	CARDIO KICK Michelle C.	CYCLE Stephanie	SIT 'N' FIT Mandy	CYCLE Stephanie NEW INSTRUCTOR!	ACTIVE YOGA Connie
12 Noon	BODY BLAST Diana	HATHA YOGA Camille	BODY BLAST Michelle C.	MAT PILATES Elissa	CARDIO SALSA Alicia	YOGA Jenny	
4:30 pm	CYCLE Angie	CARDIO KICK Tere	BODY BLAST Connie	MAT PILATES Maggie	CYCLE Angie	The club will be closed on Sunday, July 4th in observance of Independence Day!	
5:30 pm	◆ ZUMBA! Heidi	BODY BLAST Tere	STEP Connie	TURBOKICK Kate NEW!	PILATES Tere		
6:30 pm	BODY BLAST Sue	MAT PILATES Amy NEW!	CYCLE KENDALL	◆ ZUMBA! Michelle K.	BODY BLAST Sue		
7:30 pm	TURBOKICK Kate NEW FORMAT!	CYCLE KENDALL	LATIN DANCE FUSION Tere	BODY BLAST Kate	CARDIO KICK Michelle		
8:30 pm	HATHA YOGA Janet	BOLLYWOOD FUSION Connie	YOGA Suzanne	BELLY DANCE Alicia			
CLUB HOURS	5 am - 11 pm	5 am - 11 pm	5 am - 11 pm	5 am - 11 pm	5 am - 10 pm	6 am - 6 pm	6 am - 6 pm
CHILD CARE HOURS	8 am-1 pm & 4:30-8:30 pm	8 am-1 pm & 4:30-8:30 pm	8 am-1 pm & 4:30-8:30 pm	8 am-1 pm & 4:30-8:30 pm	8 am-1 pm & 4:30-8:00 pm	8:30 am-1 pm	9 am-1 pm

601 N. Brand Blvd., Glendale
(818) 552-2027
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
- Sign up 30 minutes prior to start of class.
NEW! More participants per class! 23 Participants.
 - ◆ - Sign up 20 minutes prior to start of class.
These ZUMBA classes limited to the first 45 Participants.