

JULY 2010

GROUP FIT

Irvine Group Fitness Supervisor:
Lidia Soto

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:30 am		CYCLE Libby		CYCLE Libby					
6:00 am	BODY BLAST! Martha		BODY BLAST! Martha		YOGA Robin	<i>NOTE: Saturday Classes begin on the hour!</i>			
7:00 am						CYCLE Margot	7:30 am YOGA Lisa		
8:30 am	◆ BODY BLAST Connie	◆ POWER YOGA Lisa	STEP CAMP Amparo	YOGA Susan	◆ ZUMBA Lidia	◆ 8:00 am BODY BLAST! Shirley R.	HIP HOP Shirley D.		
9:30 am	CARDIO JAM Shirley	CYCLE & CRUNCH Stephanie	◆ BODY BLAST! Megan H.	C.S.I. Paula	◆ C.S.I. Stephanie	◆ 9:00 am BODY BLAST! Shirley R.	◆ BODY BLAST! Adele		
10:30 am	TKB TURBO KICKBOXING Tracy	◆ STEP & PUMP INTERVAL/ DRUMS ALIVE Amparo	◆ ZUMBA Lidia	◆ DRUMS ALIVE Paula	BODY BLAST! Karen	◆ 10:00 am CORE FUSION Shirley R.	MAT PILATES Robin		
Noon	POWER YOGA Susan	◆ ZUMBA GOLD Anette <small>NEW INSTRUCTOR!</small>	YOGA Susan	ZUMBA GOLD Lidia	CORE FUSION Tracy	<div style="border: 1px solid black; padding: 5px; text-align: center;"> 10 AM Saturday, July 10th! LINE DANCING with Shirley! Join the fun! </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 5px;"> GROOVE! Try a GROOVE demo class on Saturday, July 17th at 10:30 am! Sign up at the desk! </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 5px;"> Drums Alive: Try a Drums Alive demo class on Tuesday, July 13th at 4:30 pm! Sign up at the desk! Drums Alive is now also offered the 1st & 3rd Tuesday of the month at 10:30 am! </div>			
4:30 pm	◆ BODY BLAST! EI	◆ LOW IMPACT Paula	CORE FUSION EI	◆ CORE FUSION Shirley	STEP Margot				
5:30 pm	CYCLE & CRUNCH Margot	◆ BODY BLAST! Margot	TAE BO Desiree	◆ ABS AND ASSETS Shirley	RESTORATIVE YOGA Susan				
6:30 pm	◆ MAT PILATES Usha	◆ ZUMBA Lidia	CYCLE & CRUNCH Desiree	ZUMBA Lana					
7:30 pm	◆ YOGA Usha	TKB TURBO KICKBOXING Rossy	◆ YOGA Lisa	BOOT CAMP Rossy					
CLUB HOURS	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	5 am - 10 pm	6 am - 8 pm	6 am - 8 pm		
CHILD CARE HOURS	8 am-1:30 pm & 4-8:30 pm	8 am-1:30 pm & 4-8:30 pm	8 am-1:30 pm & 4-8:30 pm	8 am-1:30 pm & 4-8:30 pm	8 am-1:30 pm & 4-7 pm	8:00 am-1 pm	Child Care Closed		

14280 Culver Dr., Ste. B, Irvine
(949) 733-0478

Download this schedule at:
www.TotalWomanSpa.com

Total WOMAN Gym & Day Spa

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

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