









JULY 2010

GROUP FIT

Northridge Group Fit Supervisor:
Sue Buchner


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

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	BODY BLAST Sue				CYCLE & PUMP  Sherri		
7:30 am						STEP & PUMP Sherri	
8:30 am	ZUMBA Lisa	TKB Anai	POWER YOGA Katina	STEP Sue	YOGA Liz	BOOTCAMP Sondra	BODY BLAST Rachel/Amy
9:30 am	 CYCLE Sheronda	BODY BLAST Sue/Pam NEW INSTRUCTOR!	SALSA Alicia	BODY BLAST Sue	 CYCLE & ABS Rachel	IMPACT KICKBOXING Shari ◆	 CYCLE Rachel/Amy
10:30 am	MAT PILATES Lisa	LIGHT & FIT Pam	CORE FUSION Alicia	LIGHT & FIT Pam	CORE FUSION Rhea	TOTAL BODY CUTS Shari	YOGA Jenny
11:30 am			BELLY DANCE Alicia	C.S.I. Lori		BEG./INT. YOGA Devin	
12:30 pm	YOGA Jenny					BEGINNING YOGA Devin	
4:30 pm	SALSA Alicia	STEP Esther	 ROTATING DANCE Diana NEW INSTRUCTOR!			 ROTATING DANCE schedule Wednesdays at 4:30:	
5:30 pm	IMPACT KICKBOXING Sondra ◆	BODY BLAST Bridget	IMPACT KICKBOXING Sondra ◆	ZUMBA Magaly	BELLY DANCE Sahara		
6:30 pm	BODY BLAST Rhea	BOOTCAMP Sondra	ZUMBA Evette	BODY BLAST Rhea	BODY BLAST Shari		
7:30 pm	 CYCLE Rachel	RESTORATIVE YOGA Devin	 CYCLE Amy				
8:30 pm	LOWER BODY BLAST Rachel	ROCK-A-BYE YOGA Devin					
CLUB HOURS	5 am - 11 pm	5 am - 11 pm	5 am - 11 pm	5 am - 11 pm	5 am - 11 pm	6 am - 8 pm	6 am - 8 pm
CHILD CARE HOURS	8 am-2 pm & 4-8:30 pm	8 am-2 pm & 4-8:30 pm	8 am-2 pm & 4-8:30 pm	8 am-2 pm & 4-8:30 pm	8 am-2 pm & 4-7:45pm	8 am-2 pm	8 am-12 pm

19456 Nordhoff St.,
Northridge
(818) 772-8900

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.

◆ Must have gloves to use bags in
Kickboxing classes.