










JULY 2010

GROUP FIT

Placentia Group Fitness Supervisor:
Melodye Wintemute


START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	BOSU Darla	C.S.I. Melanie		BODY BLAST Darla	C.S.I. Vanessa		
7:30 am	YOGA Darcy				YOGA Melanie	BODY BLAST Rotating Instructors	
8:30 am	 CYCLE Karen	TNT CARDIO Susie Q.	YOGA Melanie	BOSU Janet A.	 CYCLE Susie Q.	 CYCLE Tricia	BODY BLAST Cindy
9:30 am	BALLS, BOSU & PUMP Tracy <small>NEW FORMAT!</small>	 CYCLE Donna	C.S.I. Karen	 CYCLE Karen	C.S.I. Rebecca G.	ZUMBA Josie	YOGA Beate
10:30 am	BEGINNING STEP & HOOP Melodye	ZUMBA Marianne	 CYCLE Karen	DRUMS ALIVE! Donna	CARDIO SALSA Rebecca G.	YOGA Darcy	
11:00 am							
12 Noon	ZUMBA Marianne	LIGHT & FIT Janet A.		LIGHT & FIT Janet A.	YOGA Kara		
4:30 pm	C.S.I. Stacy	BOSU BLAST Janet A.	STEP Stacy	MAT PILATES Melanie	STEP & PUMP Chris		
5:30 pm	 CYCLE Karen B./Molly	DRUMS ALIVE! Janet A.	BOSU Molly	C.S.I. Courtney/Rebecca			
6:30 pm	TURBO KICK Irene	YOGA Darcy	 CYCLE & ABS Bex	 CYCLE Courtney			
7:30 pm	CORE FUSION Darcy	ZUMBA Reyna	MAT PILATES Chris	ABS & ASSETS & STRETCHING Chris	→ THE LAST THURSDAY OF EACH MONTH: HOOP-ERCISE Melodye <small>See descriptions for Hoop Class</small>		
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 pm & 4-8:30 pm	8 am-1 pm & 4-8:30 pm	8 am-1 pm & 4-8:30 pm	8 am-1 pm & 4-8:30 pm	8 am-1 pm	8 am-12 pm	8 am-12 pm

Total
WOMAN Gym & Day Spa

860 N. Rose Dr.
Placentia
(714) 993-6003

Download this schedule at:
www.TotalWomanSpa.com

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

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