










**JUNE 2010**

# GROUP FIT

Warner Center  
Group Fitness Supervisor:  
**Hilda Snow**


START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am			CYCLE & CORE Sheri				
7:00/ 7:30 am					7:00 am TAI CHI Devin	7:30 am CYCLE  Laura/Monica	
8:30 am	BODY BLAST Pam	* STEP & PUMP Sivan	TNT CARDIO Hilda	TOTAL BODY CUTS Pam	BALL BLAST Paige	CORE FUSION Jennifer/Monica	CYCLE Helene/Monica 
9:30 am	TNT CARDIO Hilda	* YOGA Joyce	 CYCLE Bridget	CORE FUSION Amy	TNT CARDIO Hilda	TNT CARDIO Hilda	LOW & PUMP Lori
10:30 am	 CYCLE & PUMP Laura	TNT CARDIO Hilda	BODY BLAST Laura	STEP & PUMP Bridget	 CYCLE Helene	BODY BLAST Pam/Helene	BODY BLAST Pam
11:30 am	YOGA Stephanie	YOGA Susanna	* DRUMS ALIVE! Helene	YOGA Helene	BODY BLAST Laura	POWER YOGA Amy	* YOGA Devin
12:30 pm	LOW & PUMP Cindy	 CYCLE Monica	YOGA Devin	ZUMBA Lisa			YOGA Devin
4:30 pm	STEP & BALL Mary	LOW & PUMP Laura	 CYCLE Pam	CORE FUSION Teri	YOGA Stephanie	BELLY DANCING Alicia	
5:30 pm	CARDIO KICK Monica	MAT PILATES Elise	TNT CARDIO Hilda	STEP & PUMP Bridget	STEP & KICK Bridget		
6:30 pm	BODY BLAST Bridget	 CYCLE Tami	BELLY DANCING Alicia	 CYCLE Tami	ABS & ASSETS Bridget		
7:30 pm	CORE FUSION Lisa	BELLY DANCING Alicia	YOGA Anna	CARDIO KICK Mary			
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 & 4:30-8:30 pm	8 am-2 pm & 4:30-8:30 pm	8 am-2 pm & 4:30-8:30 pm	8 am-2 pm & 4:30-8:30 pm	8 am-2 pm & 4-7:45 pm	8:00 am-2 pm	8:00 am-12:30 pm

The Promenade at Warner Center  
6100 Topanga Canyon Blvd.  
Woodland Hills  
(818) 710-7606

Download this schedule at:  
[www.TotalWomanSpa.com](http://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

 & \* These class sizes are limited - pick up numbers at the front desk. Early sign up recommended.