

**JUNE 2010**

# GROUP FIT

Westlake Group Fit Supervisor:  
Sue Buchner

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	STEP Michele		LOW & PUMP Luciana		STEP & PILATES Michele		
7:30 am					<i>Yoga</i> Linda		
8:30 am	STEP Jennifer H. <b>NEW INSTRUCTOR!</b>	20 PLUS Melissa <b>NEW INSTRUCTOR!</b>	LOW & PUMP Cindy	MAT PILATES Linda	ABS & ASSETS Laura	CARDIO KICCK Lynne/Jodai	<b>POWER</b> <i>Yoga</i> Anna
9:30 am	LOW & PUMP Lynne	<b>ZUMBA</b> Seda	STEP Jennifer H.	TNT CARDIO Lynne	STEP Myra	BODY BLAST Jennifer M./Jodai	BODY BLAST Cindy/Luciana
10:30 am	BALL BLAST Jennifer M.	DRUMS ALIVE Helene	BODY BLAST Cindy/Rachel	<i>Yoga</i> Jennifer M.	<b>ZUMBA</b> Rachel	STEP Julie <b>NEW INSTRUCTOR!</b>	TNT CARDIO <b>ZUMBA</b> Cindy Luciana
11:30 am		BODY BLAST Paula		<b>ZUMBA</b> Yumi		<b>POWER</b> <i>Yoga</i> Jennifer M.	
12:00 pm	<b>POWER</b> <i>Yoga</i> Hayleigh		MAT PILATES Yumi		MAT PILATES Sylvia	Class starts at 12:30 pm WEIGHT LOSS CLUB Erin W.	
4:30 pm	TOTAL BODY CUTS Sue	STEP & PUMP INTERVAL Sue <b>NEW INSTRUCTOR!</b>		LOW IMPACT Cindy	BODY BLAST Laura	<p><b>The club will be closed on Sunday, July 4th in observance of Independence Day.</b></p> <p><b>Modified club hours for NEW CARPET installation!</b>                      Thurs., July 15th-Fri., July 16th                      5:00 am-6:00 pm                      Sat., July 17th-Sun., July 18th:                      6:00 am-6:00 pm                      Mon., July 19th: 5:00 am-8:00 pm                      (No 7:30 pm class)                      Sorry for any inconvenience.</p>	
5:30 pm	STEP CHALLENGE Tania	ABS & ASSETS Rachel	BODY BLAST Laura	C.S.I. Tania			
6:30 pm	BODY BLAST Jennifer M.	TKB (Kickboxing) Melissa <b>NEW!</b>	<b>ZUMBA</b> Ileana/Seda	BELLY DANCE Zhanna			
7:30 pm	PILATES CARDIO BARRE Linda	<i>Yoga</i> Linda	CORE FUSION Jennifer M.	<i>Yoga</i> Jenny			
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 pm	8 am-2 pm & 4-8 pm	8 am-2 pm & 4-8 pm	8 am-2 pm & 4-8 pm	8 am-2 pm & 4-8 pm	8 am-2 pm	8 am-12 pm

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

Class sizes are limited - pick up numbers at the front desk for classes listed on the schedule board in gym.

966 S. Westlake Blvd.  
Westlake Village  
(805) 496-9978

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

## Total WOMAN Gym & Day Spa