

NEW MILLENNIUM CLASS SCHEDULE

CLASSES ARE OPEN TO BOTH NEW MILLENNIUM FITNESS AND NEW MILLENNIUM FITNESS FOR WOMEN AT NO EXTRA CHARGE. SOME CLASSES ARE DESIGNATED FOR WOMEN ONLY

M O N

T U E

W E D

T H U

F R I

S A T

5:30am Circuit-
Kari

8:00am Body Con-
ditioning-Brenda

10:30am Silver
Sneakers-Valerie/
Terry

5:30am Boot-
camp-Mike

12:15pm Stretch
& Flex-Valerie

9:00am Step/
Circuit-Malinda

10:30am-Silver
Sneakers-Brenda/
Robin

8:30am Cardio-
Brenda

12:15pm Abs &
Back-Valerie

8:00am Body Con-
ditioning-Brenda

11:00am Brazilian
Jiu-Jitsu-FREE TO
MEMBERS

12:15pm Condi-
tioning-Valerie

5:15pm Pilates-
Robyn(women)

6:00pm Cardio/
Dance & Core-
Terry

8:30am Zumba-
Terry

6:00pm Fat-
burner-Brenda

6:00pm Cardio
Kick Box-Mike

7:00pm Spin-
Sherri

5:45PM Pilates-
Robyn (women)

6:30pm Condition-
ing-Brenda

7:15pm Yoga-
Bonnie(women)

7:00pm Yoga-
Carlene (women)

7:00pm Beginner
Spin-William