

POWERHOUSE FITNESS

829-8888

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5:15 Spinning Dennis <small>SPINNING</small>		5:15 Spinning Alice <small>SPINNING</small>		5:15 Spinning Dave <small>SPINNING</small>		
8:15 FIT Patty	8:15 FIT Karen B	8:15 Swing Easy Pat	8:15 FIT Linda	9:15 Yoga Carol	<small>SPINNING</small>	
9:15 Spinning Linda <small>SPINNING</small>	9:15 SET Leslie	9:15 Spinning Linda <small>SPINNING</small>	9:15 SET Linda	9:15 Spinning Deb <small>SPINNING</small>	8:00 FIT Bob	9:00 Spinning Deb <small>SPINNING</small>
10:15 Toning Linda		10:15 Toning Linda		10:30 Toning Pat	8:00 Spinning Darci <small>SPINNING</small>	10:15 Yoga Tarinii
11:00 Fit Kids 7/5-8/27 8-12yrs	4:30 Zumba Deb	11:00 Fit Kids 7/5-8/27 8-12yrs	12:00 Lunch Time Workout John		9:30 Spinning Cathy <small>SPINNING</small>	
5:30 Spinning Karyn B	5:30 SET Karyn B	5:30 Spinning Erica <small>SPINNING</small>	5:30 Zumba Helene		9:00 SET Staff	<u>HOURS</u> <u>Mon -Thrs</u> 4AM-10PM
6:00 Step it up Karen	6:30 Spinning Dennis <small>SPINNING</small>	6:00 Bootcamp Kickbox Lucinda	5:30 Spinning Alison <small>SPINNING</small>		10:00 Zumba Deb	<u>Friday</u> 4AM-9PM
7:00 Pilates Pat			6:30 Yoga Darci E		3:00 Kickboxing Mark	<u>Saturday</u> 6:30AM-5PM
						<u>Sunday</u> 6:30AM-2PM
						<u>BABYSITTING</u> <u>Mon - Fri</u> 9:00-12:00
						<u>Mon-Thurs</u> 4PM-8PM
						<u>Sat</u> 9AM-12Noon