

Fort Washington Fitness Schedule Winter 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
6:00AM	Spinning 6am Jim	Spinning 6:00 Cindy	Spinning 6:00 lindsay	Spinning 6:00 Cindy	Spinning 6:00 Jim		
7:45& 8:00AM	Yoga 8am Karen	Yoga8:00 AM sonia	Spin 8AM	Yoga8:00 AM Sonia		Spinning 8:00 Cindy	
9:30AM	Spinning 9:30 Jennifer	Womens Body Shaping	Spinning 9:30 Cindy	Womens Body Shaping	Spinning 9:30 Cindy	Spinning 9:30 Cindy	
9:30 AM	Y-Stride 9:30 am Beth		Y-Stride 9:30am Alyson		Y-Stride 9:30 Gilda		Spining Carly 9:30
9:45 AM		Spinning 9:45 Carla		Spinning 9:45 Carla			
10:45 AM					Zumba 10:45 sonia		Ashtanga Yoga 10:45
11:00 AM	Zumba Joe 11:00	Pilates 11:15 Teresa	Zumba Joe 11:00	Pilates 11:15 Teresa		Abs n Strech Cindy	
12:00 PM	Trim n Sculpt 12:00 Carla		Chair Yoga 12pm Karen		Chair Yoga 12pm Karen		
12:30 PM		MS & RM Teresa Starts Feb		MS & RM Teresa Starts Feb			
4:15 PM	Spin Carly 4:15	Youth Strength 4:15 pm	Teen Spin 4:15 carly	Youth Strength 4:15pm			
4:15 PM				Zumba 4:15 Joe			
5:30 PM		Pilates 5:30 Stephanie		Yoga 5:30 Holly			
5:45 PM	Spinning 5:45 Marci		Spinning 5:45 Ed		Spinning 5:45 Jennifer		
6:30 PM		Spinning 6:30 Lindsay		Spinning 6:30 pm Carly			
7:00 PM	Spinning 7:00		Spinning 7:00 Jenna	Spinning 7:30 joe			