

EFFECTIVE:

7/14/2010

Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM Jo Firm Fusion	8:30AM Sharyn Power Core Fusion	9:30AM Albenia Core Yoga/Pilates	8:30AM Sharyn Power Core Fusion	9:30AM Melanie Mat Pilates w/ Rings	9:30AM Melanie Firm Fusion	10:30AM Leona Total Body Sculpt
10:30AM Joseph Yoga- All levels	10:30AM Kevin Yoga- All levels	5:30PM Bryan Booty Camp (30 min)	10:30AM Joseph Yoga- All levels		10:30AM Melanie Mat Pilates	11:30 Kelly Yoga
5:30PM Delandis Dynamic Physique	12:30PM TJ MAT PILATES	6:00PM Bryan Hard Core (30 min)	12:30PM Melanie MAT PILATES			
6:30PM Delandis Cardio Hip Hop	5:30PM Bryan Bootcamp	7:30PM Joseph Yoga- All levels	5:30PM Karen Harris Dynamic Physique			



Roadracers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Ron ROADRACERS	6:00AM Tracey Lynn ROADRACERS	8:30AM Ron ROADRACERS	6:00AM Tracy Lynn ROADRACERS	8:30AM Jo ROADRACERS	8:30AM Tami ROADRACERS	9:15AM Larry ROADRACERS (60min)
6:15PM Lyle ROADRACERS	9:30AM Leonna ROADRACERS	6:15PM Lyle ROADRACERS (60min)	9:30AM Ron ROADRACERS			
	6:30PM Jo ROADRACERS (60min)		6:30PM Brent ROADRACERS			



Boxing / Kickboxing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Chris S Kickboxing	10:00AM Jason Kickboxing	6:00AM Chris S. Kickboxing	10:00AM Jason Kickboxing	6:00AM Chris S. Kickboxing	9:00AM Jason- Sub Kickboxing	10:00AM Jason Kickboxing
12:30PM Floyd Boxing	6:30PM Karen Cardio Kickboxing	4:30PM Floyd Boxing	6:30PM Karen Harris Cardio Kickboxing	12:30PM Floyd Boxing	10:30AM Troy Boxing	
4:30PM Floyd Boxing	7:30 Jason Kickboxing	5:30PM Matthew Kickboxing	7:30PM Jason Kickboxing	4:30PM Floyd Boxing		
5:30PM Matthew Kickboxing		6:30PM Floyd Boxing		6:30PM Floyd Boxing		
6:30PM Floyd Boxing						
7:30PM Matthew Kickboxing						



Karen Harris
 Email: kharris@meridiansportsclubs.com

Group Exercise Manager:
 Comments & Concerns: