

Western Hills Group Exercise Schedule

March 6th, 2012

Class locations: AS=Aerobic Studio, CR=Cycling Room, YR=Yoga Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Cycle Teresa/CR		Cycle Bobbi/CR		
8:30am						Cycle Bobbi/CR
9:30am						Simply Weights Bobbi/AS
10:00am						
5:30pm	Cycle Marsha/CR	Cardio Interval Bobbi/AS	Cycle Marsha/CR	Yoga Mix Mary/YR Cycle Paula/CR		
6:30pm		Zumba Daphne/AS				

All classes are included in your membership!*

All live classes require a minimum average attendance to continue

For class descriptions check our website:

[www.greatlifegolf.com/Western Hills](http://www.greatlifegolf.com/WesternHills) OR the white fitness board

*Weather conditions may cause classes to be cancelled. If Auburn Washburn Rural Schools are closed, fitness classes are cancelled. If winter weather conditions develop during the day, a decision will be made by 4pm

*If the average attendance falls below 5 members in a one month period, it will be

Short on time. Fitness On Request now available!!!

Pick any class, any time to fit your schedule!

Located in the lower level of the fitness center in Cycle Room!

Lower Level and Locker Room Hours:

5:00am-10:00pm

