

# WORTHINGTON COMMUNITY CENTER

## GROUP FITNESS SCHEDULE - SUMMER 2009

### 1ST SESSION - - JUNE 15 - JULY 26

<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
	<b>7:00-7:45AM</b> <b>BACK TO BASICS</b> Nancy McCord Park	<b>6:15-7:00AM</b> <b>CIRCUIT COMBO</b> Chris North Gym				
	<b>8:15-9:15AM</b> <b>INTERVAL</b> Holly Fit. Studio	<b>8:30-9:30AM</b> <b>MUSCLE MIX</b> Tina Fit. Studio	<b>8:15-9:15AM</b> <b>STEP GAMES</b> Holly Fit. Studio	<b>8:30-9:30AM</b> <b>MUSCLE MIX</b> Tina Fit. Studio	<b>8:15-9:15AM</b> <b>CARDIO &amp; WTS</b> Holly Fit. Studio	<b>8:30-9:30AM</b> <b>TOTAL BODY BOOTCAMP</b> CHRIS North Gym
		<b>9:45-10:45AM</b> <b>EXTREME TRAINING</b> Julie Fit. Studio		<b>9:45-10:45AM</b> <b>EXTREME TRAINING</b> Julie Fit. Studio		<b>10:00-11:00</b> <b>ZUMBA</b> Kenya Fit. Studio
		<b>11:00-12:00</b> <b>GET STRONG</b> Nancy Fit. Studio		<b>11:00-12:00</b> <b>BOSU CARDIO</b> Nancy Fit. Studio		
	<b>12:15-1:00PM</b> <b>ZUMBA</b> Kenya Fit. Studio	<b>12:15-1:00PM</b> <b>BOSU CARDIO</b> Nancy Fit. Studio		<b>12:15-1:00PM</b> <b>CIRCUIT COMBO</b> Nancy Fit. Studio	<b>12:15-1:00PM</b> <b>INTERVAL</b> Shirley Fit. Studio	
<b>4:00-5:00PM</b> <b>STEP &amp; ABS</b> Jennifer H. Fit. Studio	<b>4:15-5:15PM</b> <b>TRIPLE S</b> Nancy Fit. Studio	<b>4:15-5:15PM</b> <b>ZUMBA</b> Kenya Fit. Studio	<b>4:15-5:15PM</b> <b>TOTAL BODY BOOTCAMP</b> Rachel Fit. Studio			
	<b>5:45-6:45PM</b> <b>BOSU CARDIO</b> Nancy North Gym	<b>5:45-6:45PM</b> <b>SUPER SCULPT</b> Jennie North Gym	<b>5:45-6:45PM</b> <b>ZUMBA</b> Shirley Fit. Studio	<b>5:45-6:45PM</b> <b>STEP &amp; SCULPT</b> Jennie North Gym		
	<b>5:45-6:45PM</b> <b>LOW IMPACT</b> Judy South Gym			<b>5:45-6:45PM</b> <b>LOW IMPACT</b> Judy Fit. Studio		
				<b>7:45-8:45PM</b> <b>ZUMBA</b> Lisa Fit. Studio		

***You can register for classes ahead of time to save your spot and save money!  
Please refer to the quarterly brochure for individual course numbers.***

**You can also purchase punch cards so you can drop in to the class of your choice.**

	<u>Resident/Pass Holder</u>	<u>Non-Resident</u>
<b>8 Class Punch Card</b>	<b>\$20</b>	<b>\$26</b>
<b>1 Class Drop In Fee</b>	<b>\$4</b>	<b>\$4</b>