

POWERHOUSE FITNESS

829-8888

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5:15 Spinning Staff <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 Interval 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 Marissa <small>SPINNING</small>	10:15 Yoga Gisella
	4:30 Zumba Deb				9:30 Spinning Darci E <small>SPINNING</small>	
5:30 Spinning Karyn B	5:30 Pump + Karyn	5:30 Spinning DON <small>SPINNING</small>	5:30 AAA Karen S		9:00 Pump + Staff	<u>HOURS</u> <u>Mon -Thrs</u> 4AM-10PM
6:00 Step it up Karen /Leslie	6:30 Spinning Darci B <small>SPINNING</small>	6:00 Cardo kickbox Lucinda	5:30 Spinning Marissa <small>SPINNING</small>		10:00 Zumba Deb	<u>Friday</u> 4AM-9PM
	6:30 Yoga Gisella		6:30 Yoga Darci E		3:00 Kickboxing Mark	<u>Saturday</u> 6:30AM-5PM
7:00 Pilates Pat		7:00 Yoga Lates Joni				<u>Sunday</u> 6:30AM-5PM
						<u>BABYSITTING</u> <u>Mon - Fri</u> 9:00-12:00
						<u>Mon-Thurs</u> 4PM-8PM <u>Sat</u> 9AM-12Noon