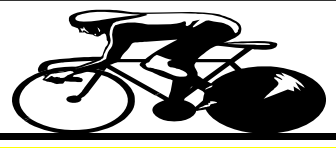

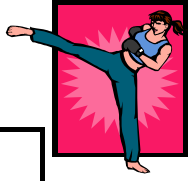





## WellWorx Downtown Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Spinning Classes</b>						
				1st Sat of every Month is 2hour Spin!		
				10am Jac	9-10am Ruth	3pm Jac
Participants need to bring a water bottle and a towel.						
6pm Ryan	6pm Ruth	6pm Shea	6pm Hillary			
<b>Group Fitness Classes located in the Aerobics Room</b>						
<b>Kickboxing Fitness</b> 11:30am Ashley		<b>Kickboxing Fitness</b> 11:30am Ashley			<b>Kickboxing Fitness</b> 9am Donnell	
<b>Sculpting</b> 5pm Jac	<b>Zest Of Life</b> 6pm Carolyn	<b>Fluid Toning</b> 5pm Jac	<b>Zest Of Life</b> 6pm Carolyn		<b>20/20/20</b> 10am Ashley	
						
<b>Yoga with Mary Beth</b>						
<div style="background-color: #ccccff; padding: 2px;">* New Night!</div> <b>Advanced</b> 7pm		<div style="background-color: #ccccff; padding: 2px;">* New Night!</div> <b>Beginners</b> 7pm		<b>All Levels</b> 9am	<b>All Levels</b> 8am	

Monday and Wednesday Kickboxing Fitness starting Aug 25th!!

Saturday 9am Kickboxing Fitness starting Sept 7th!!!!