



May 2012

11815 Aspengraf Lane, New Kent, VA 23124 804-557-3620 www.ActiveLifeFitnessCenter.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6:30-7:15am Boot Camp 10:00am Vinyasa Yoga - Kim 4:15pm Gentle Yoga -Tiffany 5:15 Zumbc - Rita 6:30 Muscle Pump - Connie	2 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:15pm Body Defined - Melani 5:15 Zumba - April 6:30 Vinyasa Yoga - Kim	3 6:30-7:15am Boot Camp 10:00am Vinyasa Yoga - Kim 4:15 Zumba - Rita 6:00pm Unbeliev-a-Ball - Tracy	4 9:15 Zumba - April 10:15-10:45 Pilates - Nancy	5 9:00 Zumba - April 10:00 Muscle Pump - Connie
	6	7 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:30pm Body Defined - Nancy 5:15 Yoga - Marsha 6:30 Zumba - April	8 6:30-7:15am Boot Camp 10:00am Vinyasa Yoga - Kim 4:15pm Gentle Yoga -Tiffany 5:15 Zumbc - Rita 6:30 Muscle Pump - Connie	9 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:15pm Body Defined - Melani 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	10 6:30-7:15am Boot Camp 10:00am Vinyasa Yoga - Kim 4:15 Zumba - Rita 6:00pm Unbeliev-a-Ball - Tracy	11 9:15 Zumba - April 10:15-10:45 Pilates - Nancy
13 Mother's Day Facility Unstaffed	14 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:30pm Body Defined - Melani 5:15 Yoga - Marsha 6:30 Zumba - April	15 6:30-7:15am Boot Camp 10:00am Vinyasa Yoga - Kim 4:15pm Gentle Yoga -Tiffany 5:15 Zumbc - Rita 6:30 Muscle Pump - Connie	16 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:15pm Body Defined - Melani 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	17 6:30-7:15am Boot Camp 10:00am Vinyasa Yoga - Kim 4:15 Zumba - Rita 6:00pm Unbeliev-a-Ball - Tracy	18 9:15 Zumba - April 10:15-10:45 Pilates - Nancy	19 9:00 Turbo Kick@ - Melani 10:00 Muscle Pump - Melani
20	21 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:30pm Body Defined - Melani 5:15 Yoga - Marsha 6:30 Step - Melani	22 10:00am Vinyasa Yoga - Kim 4:15pm Gentle Yoga -Tiffany 5:15 Zumbc - Rita 6:30 Muscle Pump - Connie	23 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:15pm Body Defined - Melani 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	24 10:00am Vinyasa Yoga - Kim 4:15 Zumba - Rita 6:00pm Unbeliev-a-Ball - Nancy	25 9:15 Zumba - April 10:15-10:45 Pilates - Nancy	26 Holiday Hours 8:00am -12:00pm 9:00 Zumba - April 10:00 Muscle Pump - Connie Unstaffed starting @ 12:00pm
27 Facility Unstaffed	28 Facility Unstaffed 	29 10:00am Vinyasa Yoga - Kim 4:15pm Gentle Yoga -Tiffany 5:15 Zumbc - Rita 6:30 Muscle Pump - Connie	30 9:15am Zumba - Nicole 10:15-10:45 Body Defined - Nicole 4:15pm Body Defined - Nancy 5:15 Zumba - April 6:30 Vinyasa Yoga - Michele	31 10:00am Vinyasa Yoga - Kim 4:15 Zumba - Rita 6:00pm Unbeliev-a-Ball - Tracy		