

**MEMORIAL HOSPITAL WEST FITNESS
& REHABILITATION CENTER (954) 844-7125
STUDIOS I & II
MAY 2012**

M	T	W	T	F	S	S
6:00-7:00 POWERPLAY LUIS				6:00-7:00 POWERPLAY LUIS		
7:00-8:00 Burn 1000* Louie	6:00-7:00 YOGA MEDITATION COREY	7:00-8:00 Burn 1000* Louie	6:00-7:00 YOGA REINA			
8:15-9:15 PILATES KIM	8:15-9:15 BEGINNING YOGA DEBRA	8:15-9:15 BARBELL BLAST DEBRA	8:15-9:15 POWER YOGA DEBRA	8:15-9:15 BODY BLAST KIM	8:00- 9:00 BARBELL BLAST DEBRA	
9:15-10:15 STEP & ABS LAURIE	9:15-10:15 INVERVAL KIM	9:15-10:15 YOGA COREY	9:15-10:15 CARDIO JAM LAURIE	9:15-10:15 PILATES MICHELLE	9:00-10:00 LATIN DANCE PARTY ELDA	9:30-10:30 Sunday SETS LAURIE
10:30-11:30 LIGHT & EASY COREY	10:15-11:15 PURE RELAXATION PEG	10:30-11:30 LIGHT & EASY COREY	10:15-11:15 PURE RELAXATION PEG	10:30 -11:30 BODY SHARP MICHELLE	10:00-11:00 KIDS ZONE DEBRA	10:30-11:30 MULTI-LEVEL YOGA LAURIE
		11:30-12:30 PINK RIBBON YOGA COREY			11:00-12:00 SALSA & MORE ALEXANDRA	
3:30-4:30 KIDS ZONE KIM	3:45-4:30 KIDS IN TRAINING* LOUIE	3:30-4:30 KIDS ZONE ELDA	3:45-4:30 KIDS IN TRAINING* LOUIE	3:30-4:30 KIDS ZONE KIM		1:30-3:00 DANCE FOR PARKINSON *for Parkinson ASO. Members only*
4:30-5:30 TOTAL BODY KIM	4:30-5:30 BURN 1000* MICHELLE	4:30-5:30 BODY BLAST LAURIE	4:30-5:30 BURN 1000* MICHELLE	4:30-5:30 PILATES KIM		
5:30-6:30 POWER PILATES MICHELLE	5:30 - 6:30 BURN 1000* MICHELLE DEBRA	5:30 - 6:30 BEGINNING YOGA LAURIE	5:30 - 6:30 BURN 1000* MICHELLE DEBRA	5:30 - 6:15 SIMPLY HEALTHY SH Members Only		
6:30-7:30 ZUMBA SHAPE CHRISTINE	6:30-7:30 RUSH HOUR DEBRA & ALEX	6:30-7:30 ZUMBA SHAPE CHRISTINE	6:30-7:30 RUSH HOUR DEBRA & ALEX			
7:30-8:30 ZUMBA ELDA	7:30-8:30 POWERPLAY DEBRA & ALEX	7:30-8:30 BURN 1000* MICHELLE	7:30-8:30 ZUMBA ELDA			

ALL PASS MEMBERS MUST FILL OUT AN EXERCISE QUESTIONNAIRE AND BE APPROVED PRIOR TO PARTICIPATING.

* Burn 1000 & Kids In Training-Must be registered for this class in advance. Prepayment is required for this class.

SCHEDULES ARE SUBJECT TO CHANGE.



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