

Welcome
 RENEW ACTIVE by United Healthcare

Small Group & Semi-Private Training

Please see a staff member for details

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM		LINDA'S CLASSES ARE FEE PAID TO HER				
8:30		CARDIO FUSION <i>Linda</i>		CARDIO FUSION <i>Linda</i>		
9:00					Power Challenge <i>Linda</i>	
10:00	Back to Basics <i>KK</i>		Back to Basics <i>KK</i>		10:15 Back to Basics <i>Karen</i>	
11:30AM	DANCE MIX <i>Darla</i>		DANCE MIX <i>Darla</i>			SUNDAY
12:30pm						
4:30PM						
5:30PM						