

THRIVE COMMUNITY FITNESS

1859 Main Street Ferndale, WA 98248 360.318.7506

SUMMER SCHEDULE 2010

EFFECTIVE JULY 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00A	Cadence Stacy	Forza Tina	Cardio Xplosion Stacy	Forza Adoreya	Cadence Stacy		
8.15A	50/50 (Step Lite) Adoreya	TNT STAC Y	50/50 (Cadence Lite) Adoreya	50/50 (TKO Lite) Adoreya			
9:15 AM			Core Training Tina			Step Beyond Adoreya	
9.30A	TNT TINA/ CHRI	Step Beyond Christie	Forza Fusion Tina	Step & Groove 75 min Patti	Yoga Mix Jenn		
10.30A	Zumba Betty	Cadence Christie	Cardio Jam Patti		Step Fusion Patti	10:15 Zumba Jenny	
12.00P		Yoga Mix Jenn		Yoga Mix Jenn			
4.30P	Cardio Jam Patti		Step Beyond Christie	Zumba Betty			
5.30P	Step Beyond Patti	TKO Danica	Zumba <i>Jam</i> Christie	Forza Stacy			
6.30P	Yoga Mix Jenn	Zumba <i>Jam</i> Danica					