

September 2010		Group Exercise Schedule				402 W. Broad Street Falls Church, VA 22046 Phone 703-241-0565 www.vantage-fitness.com	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
STUDIO ONE							
Cardio Pump 6:00-6:45am / Katie		Sports Conditioning 6:00-6:45am / Robin		Bosu Bootcamp 6:00-6:45am/Robin			
Awesome ABS 6:45-7:00am / Katie			Strength & Stretch from the Core 9-10 am/ LauraLynn				
Cardio, Sculpt and Stretch 9am-10am/ Evy		Hi/Lo 9am-10am/Kathy			Total Body Conditioning 8:00-8:50am / Bill / Yvonne	Total Body Conditioning 10:30-11:30am Marina	
	Total Body Conditioning 9:30-10:30am / Joleen		Vantage Power Tone 9:30-10:30am/ Evy		Step Express 9:00-9:45am / Bill /Yvonne	Begin / Inter Yoga 10:30-11:30am / Eileen	
			Zumba 11:45 am -12:45 pm / Robin	BOSU Pilates 12:00-1:00pm/ Robin		TurboKick 11:30-12:30pm/ Kelly	
	Power 7 5:30-6:20pm/Vicki						
Turbokick 6:30-7:15pm / Kelly	Total Body Conditioning 6:30-7:15pm / Tracey	Zumba 6:00-7:00 pm / Robin	Total Body Conditioning 6:05-6:50pm / Tracey				
Awesome ABS 7:15-7:30pm / Kelly		Turbokick 7:00-8:00 pm /Kelly	Zumba 7:00-8:00 pm / Julie				
Total Body Conditioning 7:45-8:45pm / Marina	Zumba 7:30-8:30pm /Sandra	Awesome ABS 8:00-8:15pm / Kelly					
STUDIO TWO / CYCLE							
	6:00-6:45am/Tracey	7:15-8:00 am / Chilli	6:15-7:00am / Marina	7:15-8:00am / Yvonne	8am/Lucy Super Spin (90 min)/ Lucy- SEPT 4	9:30-10:15am/ Chilli / Vicki	
6:30-7:15pm / Marina	6:30 - 7:30 pm/ Vicki	7:15-8:00pm / Robin					
STUDIO THREE / MIND BODY							
Yoga 8:30-9:30am/ Eileen		Yoga 8:30-9:30am / LauraLynn		Yoga 8:30-9:30am / Rashmi	 VANTAGE FITNESS A Smarter Workout		
Yoga 6:30-7:30pm / Melanie	ABS & Stretch 7:00-8:00 pm/ Bill	Yoga 7:00-8:00 pm	ABS & Stretch 7:00-8:00pm / Bill				