


**March - April 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
<b>STUDIO ONE</b>						
<b>Cardio Pump</b> 6:00-6:45am / Shannon		<b>Sports Conditioning</b> 6:00-6:45am / Robin		<b>Cardio Pump BOSU</b> 6:00-6:45am / Robin		
<b>Awesome ABS</b> 6:45-7:00am / Shannon				<b>Awesome ABS</b> 6:45-7:00am / Robin		
<b>Cardio, Sculpt and Stretch</b> 9am-10am/ Evy	<b>Kick-n-Intervals</b> 8:30-9:15am/ Joleen		<b>Pilates Mat</b> 8:30-9:30 Evy		<b>Total Body Conditioning</b> 8:00-8:50am / Bill / Yvonne	<b>Total Body Conditioning</b> 9:30-10:30am Marina
	<b>Total Body Conditioning</b> 9:30-10:30am / Joleen		<b>Vantage Power Tone</b> 9:30-10:30am/ Evy		<b>Step Express</b> 9:00-9:45am / Bill /Yvonne	<b>Begin / Inter Yoga</b> 10:30-11:30am / Eileen
			<b>Zumba</b> 11:45 am -12:45 pm / Robin	<b>BOSU Pilates</b> 12:00-1:00pm/ Robin	<b>Total Body Conditioning</b> 10:00-11:00am / Shannon	<b>TurboKick</b> 11:30-12:30pm/ Shannon
<b>Turbokick</b> 6:15-7:00pm / Shannon	<b>Total Body Conditioning</b> 6:05-6:50pm / Tracey	<b>Zumba</b> 6:00-7:00 pm / Kiki	<b>Total Body Conditioning</b> 6:05-6:50pm / Tracey			
<b>Awesome ABS</b> 7:00-7:15pm / Shannon	<b>Steptacular</b> 7:00-8:00pm / LauRae	<b>Turbokick</b> 7:00-8:00 pm /Shannon	<b>Zumba</b> 7:00-8:00 pm / Julie	<b>Abs, Legs, Buns Only</b> 6:30- 7pm/ Shannon		
<b>Total Body Conditioning</b> 7:30-8:30pm / Marina	<b>Zumba Toning</b> 8-9pm / Kiki	<b>Awesome ABS</b> 8:00-8:15pm / Shannon				
<b>STUDIO TWO / CYCLE</b>						
	6:00-6:45am/Tracey	7:15-8:00 am / Chilli	6:15-7:00am / Marina	7:15-8:00am / Yvonne	<b>Super Spin</b> 8:30-10am / Lucy	9:30-10:15am / Chilli/ Lucy
6:30-7:15pm / Marina		6:30-7:15pm / Sarah	6:30-7:15pm / Sarah			
<b>STUDIO THREE / MIND BODY</b>						
<b>Yoga</b> 8:30-9:30am/ Eileen		<b>Yoga</b> 8:30-9:30am / LauraLynn		<b>Yoga</b> 8:30-9:30am / Rashmi		
<b>Yoga</b> 6:30-7:30pm / Melanie	<b>ABS &amp; Stretch</b> 7:00-8:00 pm/ Bill	<b>Yoga</b> 7:00-8:00 pm	<b>ABS &amp; Stretch</b> 7:00-8:00pm / Bill	<b>Hatha Yoga</b> 6:30-7:30pm / Gene		