

March 8-14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	BODYPUMP Susan		BODYPUMP Susan				
8:30am				ZUMBA Daniel		Gyrokinesis Mia	
9:30am	ZUMBA John	Vinyasa Flow Yoga- level 2 Michele	ZUMBA Heather	Vinyasa Flow Yoga- level 2 Michele	ZUMBA Lisa	ZUMBA Elizabeth	Vinyasa Flow Yoga- level 1.5 Nicole 9:15 start time
10:30am	Ab Lab John	BODYPUMP Deb 10:45 start time		BODYPUMP Deb 10:45 start time	Dance Fitness Chris 10:30 - 12:00	Dance Fitness Chris 10:30 - 12:00	BODYPUMP
11:30am			Vinyasa Flow Yoga-level 1.5 Nicole		90min - not included in membership	90min - not included in membership	ZUMBA Lisa
12:30pm	Vinyasa Flow Yoga- level 1.5 Kelly		Tai Chi + Qi Gong Louise 12:45 start time		Vinyasa Flow Yoga- level 1.5 Matt 12:15 - 1:15	ZUMBA Heather 12:30 start time	ZUMBA Daniel
1:30pm							ZUMBA Nathalye
2:30pm							
3:30pm					Tai Chi + Qi Gong Louise		
4:30pm	Kids' Hip Hop Medora ~8 week series Last class!				Step & Sculpt John	BODYPUMP Randy	BODYPUMP Deb
5:30pm	BODYPUMP Deb	ZUMBA Lisa	BODYPUMP Rachel	ZUMBA John	ZUMBA John	ZUMBA Heather 5:45 start time	
6:30pm	BODYPUMP Deb	Ab Lab Rachel	BODYPUMP Rachel	Step & Sculpt John		Private dance instruction Ballroom, salsa & more! Mon-Sunday by appointment	Any time slot Mon-Sunday not currently occupied is available for Rental \$20 per hour
7:30pm	ZUMBA Lisa	ZUMBA Daniel	ZUMBA Elizabeth	Hatha Flow Yoga Kelly			
8:30pm	ZUMBA Elizabeth		ZUMBA Hilary				

2113 NE 65th Street-- Seattle, WA 98115 Phone: (206)523-1534 www.communityfitness.com

50-60 minute drop-in= \$8.95+tax

90 minute drop-in=\$13.45+tax

Unlimited pass=\$44.95+tax

(does not include 90-minute classes)