

March 1-7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	<b>BODYPUMP</b> Susan		<b>BODYPUMP</b> Susan				
8:30am				<b>ZUMBA</b> Daniel		<b>Gyrokinesis</b> Mia	
9:30am	<b>ZUMBA</b> Heather	Vinyasa Flow Yoga- level 2 Michele	<b>ZUMBA</b> Heather	Vinyasa Flow Yoga- level 2 Michele	<b>ZUMBA</b> Lisa	<b>ZUMBA</b> Elizabeth	Vinyasa Flow Yoga- level 1.5 Nicole 9:15 start time
10:30am	<b>Ab Lab</b> John	<b>BODYPUMP</b> Deb 10:45 start time		<b>BODYPUMP</b> Deb 10:45 start time	<b>Dance Fitness</b> Chris 10:30 - 12:00	<b>Dance Fitness</b> Chris 10:30 - 12:00	<b>BODYPUMP</b> Rachel
11:30am			Vinyasa Flow Yoga-level 1.5 Kelly		90min - not included in membership	90min - not included in membership	<b>ZUMBA</b> Lisa
12:30pm	Vinyasa Flow Yoga- level 1.5 Kelly		Tai Chi + Qi Gong Deborah 12:40 start time		Vinyasa Flow Yoga- level 1.5 Matt 12:15 - 1:15	<b>ZUMBA</b> Heather 12:30 start time	<b>ZUMBA</b> Daniel
1:30pm							<b>ZUMBA</b> Nathalye
2:30pm							
3:30pm					Tai Chi + Qi Gong Deborah		
4:30pm	Kids' Hip Hop Medora ~8 week series				<b>Step &amp; Sculpt</b> John	<b>BODYPUMP</b> Rachel	<b>BODYPUMP</b> Deb
5:30pm	<b>BODYPUMP</b> Deb	<b>ZUMBA</b> Lisa	<b>BODYPUMP</b> Rachel	<b>ZUMBA</b> John	<b>ZUMBA</b> John	<b>ZUMBA</b> Heather 5:45 start time	
6:30pm	<b>BODYPUMP</b> Deb	<b>Ab Lab</b> Rachel	<b>BODYPUMP</b> Rachel	<b>Step &amp; Sculpt</b> 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	<b>ZUMBA</b> Lisa	<b>ZUMBA</b> Daniel	<b>ZUMBA</b> Medora	<b>Hatha Flow Yoga</b> Kelly			
8:30pm	<b>ZUMBA</b> Elizabeth		<b>ZUMBA</b> Medora				

2113 NE 65<sup>th</sup> 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)