




# Get Fit - Feel Great - Be Well

## Group Fitness Schedule

August 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	5:30 - 6:30 am <b>Sunrise Cycle</b> Allison		5:30 - 6:30 am <b>Sunrise Cycle</b> Michelle		5:30 - 6:30 am <b>Balanced Body Blast</b> Denise		
7:00 AM						7:15 - 8:15 am <b>LBN-Max Burn 1</b> \$160 members/\$200 (non) Starts Aug 21st (8 weeks)	
8:00 AM	8:00 - 8:55am <b>everyBODY MOVE</b> Gina	8:00 - 8:55am <b>YOGA Lite</b> Nancy	8:00 - 8:55am <b>everyBODY MOVE</b> Gina		8:00-8:55am <b>Country Dance</b> Karen		
9:00 AM	9:00-9:55am <b>Step it up!</b> Christina	9:00-9:55am <b>Kickboxing Core</b> Christina	9:00-9:55am <b>A Vicious Cycle</b> Katie	8:45-10:00am <b>Hatha Yoga</b> Joyce	9:00-9:55am <b>Circuit Training Boot Camp</b> Danny	8:30 - 9:25 <b>Hard Core Boot Camp</b> Todd	9:00-10:00 <b>World Class</b> (Starts Aug 15th) Denise
10:00 AM	10:00-10:55 <b>A Balanced Body</b> Keri	10:00 - 10:55 <b>Forever Fit</b> Patty	10:00-10:55 <b>A Balanced Body</b> Gina	10:00 - 10:55 <b>Forever Fit</b> Patty	10:00 - 10:55 <b>YOGA</b> Robin	<b>SNAP Clinics - 9:30am</b>	
11:00 AM	11:00 - 11:55 <b>Silver Sneakers - MSRM</b> Gina	 <b>Silver Sneakers - MSRM</b> Gina	11:00 - 11:55 <b>Silver Sneakers - MSRM</b> Gina			<b>August Clinics:</b> Pilates 101 Aug 7th (No Fee) <b>Core &amp; Back Function</b> Aug 14th (\$5members/\$10 non-members) <b>Fundamentals of Flexibility &amp; Stretching</b> Aug 21st (No Fee) <b>Straight Talk on Nutrition 101</b> Aug 28th (\$5members/\$10 non-members)	
12:00 PM						<b>Martial Arts Programs</b> For your convenience we have two martial arts schools offering programs at SNAP 2. <b>Kuk Sool Won</b> - Justin Painter offers lessons for both children and adults.(530)642-9031 <b>Ernie Reyes' West Coast Martial Arts</b> - Gary Merlo offers after-school classes in Tai Kwon Do based Mixed Martial Arts for ages 3-6 and 7-12. (916)933-1973 More information on both programs can be found @ the front desk.	
3:00 PM		3:00 - 3:45pm <b>WCMA - L'il Dragons \$</b>		3:00 - 3:45pm <b>WCMA - L'il Dragons \$</b>			
4:00 PM	4:00 - 5:00pm <b>Kids Karate \$</b> Justin	3:45 - 4:30pm <b>WCMA - \$</b>	4:00 - 5:00pm <b>Kids Karate \$</b> Justin	3:45 - 4:30pm <b>WCMA - \$</b>			
5:30 PM	5:30 - 6:25pm <b>Mat Pilates</b> Todd	5:30 - 6:25pm <b>Cycle &amp; Sculpt</b> Samantha	5:30 - 6:25pm <b>ZUMBA</b> Carolyn	5:30 - 6:25pm <b>Cycle &amp; Sculpt</b> Samantha			
6:30 PM	6:30 - 7:25pm <b>Cycle &amp; Sculpt</b> Katie	6:30 - 7:25pm <b>Yoga Flow</b> Affi	6:30 - 7:25pm <b>Circuit Training Boot Camp</b> Boot Camp - Danny	6:30 - 7:25pm <b>Fun-d-Mental YOGA</b> Todd			
7:30 PM			7:30 - 8:30 <b>Martial Arts \$</b> Justin				

Child Care Hours:	
<u>Monday - Thursday</u> 8:30am - Noon 5:00pm - 8:00pm	<u>Friday &amp; Saturday</u> 8:30am - Noon

Class Fees:			
<u>SNAP Members &amp; Seniors</u>	<u>Snap Plus Membership</u>	<u>Non-Members</u>	<u>\$</u>
\$5 per class	\$10 month Unlimited classes	\$10 per class	Fee Based Training

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