

JUDY'S FITNESS CLASSES
FALL SCHEDULE

ALL CLASSES HELD AT THE MULTIPLEX. FOR MORE INFORMATION PLEASE CALL JUDY @545-6433.
ALL CLASSES STARTING SEPT. 21

<u>TIME</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>
<u>7AM MEN</u>	CARDIO & WGTS	XXXX	STRENGTH	CARDIO LEGS & ABS
8:30AM WOMEN	STRENGTH	T.J. (KICKBOXING)	CARDIO & LEGS & ABS	STEP & WGTS
9:30 AM EASY GOING CLASSES	CARDIO LEGS & ABS	STRENGTH	YOGA	CARDIO & WGTS
6PM : WOMEN	CARDIO & WGTS	T.J. & WGTS	xxxxxx	STRENGTH

7:15PM: CO-ED INTERVAL CLASSES AVAILABLE , MUST HAVE AT LEAST 4-5 REGISTERED , IF INTERESTED PLEASE CALL 545-6433. THESE WOULD BE ON MON AND THURS.