



CITY CENTRE
fitness

399 Main Street, Penticton
TEL: 250.487.1481

Fall Schedule 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am-10:30am Spin	6-7 am Spin & core with Ryan 7-8 am Spin & core with Ryan	9:15am- 10:15am Spin & Core Joeanne	6-7 am Spin & core with Ryan 7-8 am Spin & core with Ryan	9:15am- 10:15am Spin & Core Joeanne	6-7 am Spin & core with Ryan	
	9am - 10am Body Sculpt Don		9am - 10am Body Sculpt Don			
	12:10-12:40 Bosu & Med Ball Madness With Ryan	12:10pm-12:45pm Al's Awesome Abs	12:10-12:40 Bosu & Med Ball Madness With Ryan	12:10pm-12:45pm Al's Awesome Abs	12:10-12:40 Bosu & Med Ball Madness With Ryan	
	5:30-6:30pm Spin & Total Body Tone with Shelley 6pm - 7pm Al's Boot camp	5:15pm-6:15pm Spin Joeanne	5:30-6:30pm Spin & Total Body Tone with Shelley 6pm - 7pm Al's Boot camp	5:15pm-6:15pm Spin Joeanne	6pm - 7pm Al's Boot camp	
		7pm - 8pm Body Sculpt With Al		7pm - 8pm Body Sculpt With Al		