

Group Exercise Spring Schedule - June 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Anti-aging DP2/9/16/23/30		Anti-aging DP4/11/18SD25		Anti-Aging NZ6/13/20/27		
9:00am	StepFundamentals KB2/9/16/23/30	FlexBar NZ3JW10JE17/24	AeroFundamentals DP4/11/18KZ25	Step 2 The Max JE5/19JW12/26	Step FlexBar AG6/13/20/27		
10:00am	Step Intensive JE2/16/23JW9/30	Pilates Fundamentals JE3KZ10/17/24		YogaFundamentals KB5/12/19/26	Instructors Choice JE6/13/20KZ27	9:45- 11:00am UltimateConditioning	
12:05pm	FlexBar NZ2/16/23AG9/30	Instructor Choice AL3/17TE10/24	Muscle Up Ball NZ4/18/25 JI 11	Step Intensive NB5/12/19/26			
4:50pm	Step Intensive NB2/9JW16/23	Athletic Circuit JI3/10/17/24	Instructors Choice JW4/18NB11/25	Flex Bar JI5/12/19JW26			
6:00pm	Pilaga Fundamentals KZ2/9/16JD23	FlexBar JD3/10/17/24	Yoga Fundamentals KZ4/18SD11/25			Power Pacing	
7:00pm	FlexBar JI2/9/16/23		StepFundamentals SD4/18AL11/25			Back in the Fall	

NEW PERSONAL TRAINING SCHEDULE

Speciality Classes bring more focus and success in a smaller class size.

Kathy Maier - Wellness Director (KM)

JD - June Dow

JW - Jeannie Williamson

DZ - Darcy Zimmerman

KZ - Kristina Zemp

AL - Audy Leavitt

DP - Deb Palmer

JE - Jody Evanson - Premier Pro Instructor

NZ - Norma Zemp

JS - Janae Smith

AG - Ada Gook

KB - Kelly Bester

EJ - Elaine Jagielski

ML - Mackenzie Lowe

SW - Stacey Wood

MB - Mandy Butler

JJ - Jackie Jerome

JI - Jennifer Ing

TE - Tara Easthope

SD - Sharla Dyck

Natisha Bevans

Instructors in training

Sarah

Fit For Life Anti-Aging Programs

Enjoy these classes designed to allow you to improve your Quality of Life. These classes target ladies who are concerned with aging, preventing or managing Osteoporosis, Arthritis, Fibromyalgia and injuries. Using the latest research and information for the aging, these classes are designed to remain simple, encouraging and most of all Fun!

Resistance for Life

Mondays - 8:00am - 8:55am

This is a 55 minute workout designed for those who are interested in preventing aging signs and injuries through resistance exercises.

Dance for Life

Wednesdays - 8:00am - 8:55am

Learn to dance your way to better health and well being.

Gentle Stretch for Life

Friday - 8:00am - 8:55am

This class is a gentle stretch program to increase mobility of the body to improve every day function. This class incorporates gentle yoga postures and functional stretches using props such as Circles, Small & Large balls and Towels.

please bring your own towel!

Personal Training Staying Motivated and Getting Results

Welcome Mackenzie Lowe to our Personal Training Department
Want to learn to Run, Mackenzie will help design a Program to accomplish this goal.
Book in for your Free Consultation to find out how Personal Training can help with your goals.

Join PHAT Bootcamp and Get Amazing Results in 4 Weeks
PHAT BOOT CAMP HAS GONE OUTDOORS
Henderson BOOT CAMP with KATHY Starts June 9th
Join by June 2 and receive a \$50.00 Spa Gift Certificate
West Side Boot Camp starts May 26th

Our New Reformer schedule is available at the front desk.
Sign Up for your one FREE Session.

Only Women's Fitness Facility Hours

Monday - Thursday: 6:00am - 9:00pm
Friday 6:00am - 8:00pm
Saturday 8:00am - 4:00pm
Sunday 8:00am - 4:00pm
Holiday Hours: 8:00am - 2:00pm

Childminding Hours

Monday - Friday
8:30am - 1:30pm
Saturdays
9:00am - 12:00pm

UPCOMING EVENTS

Check out our website
www.onlywomensfitness.com

PERSONAL TRAINING SESSIONS
Take a Functional Fitness class in the Pilates Studio and be one of the first to try our Air Steps
First Session is Free

Watch for our New Bender Method System coming this Fall to our Group Schedule Exclusive to Only Women's Fitness

INSTRUCTORS TRAINING

Group Fitness Instructors