












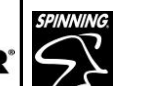



















MON	TUES	WED	THURS	FRI	SAT	SUN
 GROUP KICK® 5:30-6:30am <i>Alison</i>	 GROUP ACTIVE™ 5:30-6:30am <i>Monica</i>	 GROUP POWER® 5:30-6:30am <i>Monica</i>	 SPINNING 5:30-6:30am <i>Alison</i>	 GROUP CENTERGY® 5:30-6:30am <i>Monica</i>	 GROUP STEP® 8:30-9:30am <i>Dana</i>	 GROUP ACTIVE™ 8:00-9:00am <i>Monica</i>
 GROUP STEP® 4:30-5:30pm <i>Monica</i>	 GROUP STEP® 9:30-10:30am <i>Dana</i>	 SPINNING 4:30-5:30pm <i>Alison</i>	 GROUP CENTERGY® 9:30-10:30am <i>Dana</i>	 GROUP groove® 5:15-5:50pm <i>Dana</i>	 GROUP POWER® 9:30-10:30am <i>Team Power</i>	 SPINNING 8:00-9:00am <i>Alison</i>
 Adventure Cycle 5:30-6:30pm <i>Steve</i>	 GROUP CENTERGY® 4:15-5:15pm <i>Dana</i>	 GROUP POWER® 5:30-6:30pm <i>Kim</i>	 GROUP POWER® 4:30-5:30pm <i>Bill</i>	 GROUP CENTERGY® 5:50-6:30pm <i>Dana</i>		 SPINNING 9:00-10:00am <i>Alison</i>
 GROUP KICK® 5:30-6:30pm <i>Bill</i>	 GROUP ACTIVE™ 5:30-6:30pm <i>Alison</i>	 GROUP KICK® 6:30-7:30pm <i>Alison</i>	 GROUP STEP® 5:30-6:30pm <i>Dana</i>			
 GROUP POWER® 6:30-7:30pm <i>Kim</i>	 GROUP groove® 6:30-7:30pm <i>Dana</i>		 GROUP ACTIVE™ 6:30-7:30pm <i>Kate</i>			
 GROUP CENTERGY® 7:30-8:30pm <i>Dana</i>						

PERSONAL FITNESS TRAINING SCHEDULE

Monday- Friday 5:30am-7:30pm, Sat.-Sun. 6:45-11:30am.

Contact Dana for information: email: dana@body-zone.com or (206) 235-6708

MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am Group PT <i>with Alison</i>	7am Group PT <i>with Dana</i>	8-Week Team Training: \$199	6:30am Grp PT 7am Group PT	8-Week Team Training: \$199	7:30am Group PT <i>with Dana</i>	6:45am Group PT <i>with Alison</i>
	 TRX Suspension Training 8:00-9:00am <i>Dana</i>	9:30-10:30am <i>with Dana</i>	 TRX Suspension Training 8:00-9:00am <i>Dana</i>	4:00-5:00pm <i>with Dana</i>	 TRX Suspension Training 9:30-10:30am <i>Dana</i>	
6:30pm Group PT <i>with Dana</i>					8-Week Team Training: \$199	
					10:30-11:30am	

with Dana

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