

Salem Fitness Center Weekly Classes

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM					Steamy Spin (<i>Marcy</i>)		
7:00 AM					Muscle Conditioning (<i>Patti</i>)		
7:30 AM							Spinning (<i>Sherry</i>)
8:00 AM	Spinning (<i>Marcy</i>) Family Zumba (<i>James</i>)		Muscle Conditioning (<i>Patti</i>)	Cross Training (<i>Patti</i>)	Dance Fusion (<i>Patti</i>)		
8:30 AM		Pump Spin (<i>Marcy</i>) & Cardio Kick Core (<i>Shari</i>)		Spinning		Cardio Kick/Muscle Tone (<i>Shari</i>)	Cardio Kick Boxing (<i>Shari</i>)
9:00 AM			Dance Fusion (<i>Patti</i>)	Zumba (<i>Andre</i>)	Yoga (<i>Marilyn</i>)		
9:30 AM	Muscle Conditioning (<i>Shannon</i>)	Pilates (<i>Deb</i>)				Pilates (<i>Shannon</i>)	Pilates (<i>Shannon/Deb</i>)
10:00 AM			Yoga Flow (<i>Christina</i>)	Muscle Conditioning (<i>Kim</i>)			
10:30 AM	Yoga (<i>Marilyn</i>)						Dance (<i>Amy</i>)
4:15 PM		Muscle Conditioning (<i>Kim</i>)					
4:30 PM				Muscle Conditioning (<i>Janice</i>)			
5:00 PM		Pilates (<i>Kim</i>)					
5:15 PM				Zumba (<i>Sydney</i>)			
5:45 PM			Spinning (<i>Marcy</i>)		Tabata (<i>Mike</i>)		

Salem Fitness Center Weekly Classes

6:00 PM		Zumba (James)	Strong by Zumba			TGIF Yoga (Christina/Marilyn)	
6:30 PM		Spinning (Elysia)					

