

LifeStart at Phoenix Plaza Group Exercise Schedule September, 2010

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|--|--|--|---|
| 6:15 AM | | Step Intervals (45 min.) Michelle | Sweat and Tone (30 min.) Julie/Leah | Step (45 min.) Michelle | |
| 11:30 AM | TNT (30 min.) Leah/Julie | Upper Body Blast (45 min.) Leah/Julie | Brazilian Buns (30 min.) Leah/Julie | Cardio/Core/ Stretch (45 min.) Leah/Julie | Go BALListic (30 min.) Leah/Julie |
| 12:00 PM | Brazilian Buns (30 min.) Leah/Julie | | TNT (30 min.) Leah/Julie | | Upper Body Blast (30 min.) Leah/Julie |
| 12:15 PM | | Yoga Flow (45 min.) Cathy | | Yoga For All (45 min.) Cathy | |
| 12:30 | Pilates (45 min.) Patti | | | | |
| 1:00 | | | Gentle Yoga for MS- 1 hour 10 classes/\$80 Cathy Begin 9/8 | | |
| 5:30 PM | Zumba (45 min.) Krista | | Zumba (45 min.) Krista | Yoga (45 min.) Daniel Begin 9/9 |  |

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