

Updated January 2012

**NEW start times and classes!**

Classes with 3 or less participants are  
subject to being cancelled.

# FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CARDIO KICKBOXING 9:15 - 10:15 AM JEN	SPIN 9:15 - 10:15 AM ALISA	SUPER SPIN 9:10-9:45 AM JEN		BODY SCULPTING 9:00 - 9:45 AM KAREN	KICKBOXING 8:30 - 9:30 AM KAREN
HOT HULA 10:00-11:00 AM SARAH	POWER ABS 10:15 - 10:45AM JEN	CORE-N-MORE 10:15-11:00 AM ALISA	ZUMBA 10:00-11:00 AM MADELYN	SPIN 10:15 - 11:15 AM ALISA	KETTLE BELL 10:15-11:00 AM JEN \$	
	SCULPT- N—SPIN 5:45 - 6:45 PM JEN					
	ZUMBA TONING 6:30-7:15PM KAREN	ZUMBA 6:00-7:00 PM ANGELA	KETTLE BELL 6:30 - 7:30PM JEN \$	30/30 6:00-7:00 PM KAREN	INSTRUCTORS CHOICE 6:00-7:00 PM KAREN	
	ZUMBA 7:15-8:15 PM KAREN	30 MINUTE ABS 7:15-7:45 PM LAUREN	PILATES 6:30– 7:30PM LAUREN	YOGA 7:00– 8:00 PM ALISA		

\$ Denotes extra charge

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