



*Energize your life!*

## Cardio Class Schedules

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 a.m. - 6:00 a.m. (KB)		5:30 a.m. - 6:00 a.m. (Core/Abs)		5:30 a.m. - 6:00 a.m. (KB/Strength)
8:30 a.m. - 9:00 a.m. (KB)	8:00 a.m. - 8:45 a.m. (Pilates)	8:30 a.m. - 9:00 a.m. (Core/Abs)	8:00 a.m. - 8:45 a.m. (Pilates)	8:30 a.m. - 9:00 a.m. (KB/Strength)
9:15 a.m. - 10:15 a.m. (Step Mix & Ball)		9:15 a.m. - 10:15 a.m. (Cardio & Body Sculpt)		9:15 a.m. - 10:15 a.m. (Step Mix & Ball)
11:00 a.m. - 11:50 a.m. (Silver Sneakers)		11:00 a.m. - 11:50 a.m. (Silver Sneakers)		11:00 a.m. - 11:50 a.m. (Silver Sneakers)
		6:00 p.m. - 6:45 p.m. (Cardio Kickboxing)		

809 Coldwater Road  
Murray KY, 42071  
(270)753-6111