

fitness at a glance

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|-----------|---------------------|--------------------|---------|--------------------------|----------------------------|--------------------|-----------------------|--------------------------|-----------------------|--------------------|
| GYM | A | B | A | B | A | B | A | B | A | B |
| 6:45 a.m. | | Boot Camp Steve | | | | Boot Camp Steve | | | | Boot Camp Steve |
| 9:00 a.m. | Forever Fit Ruth | | | Strength & More Joyce | Forever Fit Janice | | Cardio Camp Birgit | Strength & More Joyce | Forever Fit Janice | |
| 5:30 p.m. | | | | | Bosu to the Core Birgit | | | | | |