

American Woman

★★★★★ FITNESS CENTERS

Monday 6-9:30	Tuesday 6-9:30	Wednesday 6-9	Thursday 6-9	Friday 6-8	Saturday 7-2	Sunday 8-1
Oakland Floor Classes						
7:00-8:00 am Cross-training	7:00-8:00 am Lean Body Burn	7:00-8:00 am Cardio Mix	7:00-8:00 am Lean Body Burn			
8:30-9:30 am Step it Up	8:30-9:30 am Toned Lean & Confident	8:30-9:30 am Cardio Kickbox	8:30-9:30 am Cross-training	8:30-9:30 am Latin Sizzle	8:30-9:30 am Corebar	
9:30-10:30 am Zumba	9:30-10:30 am Cross-training	9:30-10:30 am Power Hour	9:30-10:30 am Step/Sculpt Interval	9:30-10:30 am Total Body Conditioning	9:30-10:00 am Toned Lean & Confident	9:30-10:30 am Zumba
10:30-11:30 am Corebar	10:30-11:30 am Yoga	10:30-11:30 am Zumba	10:30-11:30 am Zumba	10:30-11:30 am PiYo	10:00-11:00 am Zumba Toning	
4:30-5:30 pm Tabata	4:30-5:30 pm Power Boot camp	4:30-5:30 pm Pure Strength	4:30-5:30 pm Circuit Training	4:30-5:30 pm Zumba	11:00-12:00 am Pilates	
5:30-6:30 pm Interval Challenge	5:30-6:30 pm Pure Strength	5:30-6:30 pm Step it Up	5:30-6:30 pm Coreology	5:30-6:30 pm Step-Sculpt-Abs		
6:30-7:30 pm Coreology	6:30-7:30 pm Pilates	6:30-7:30 pm Power Boot camp	6:30-7:30 pm Zumba			
7:30-8:30 pm Yoga	7:30-8:30 pm Zumba	7:30-8:30 pm Yoga				

Oakland Aquatic Classes

8:30-9:30 am Aqua Energy	8:30-9:30 am H2O Bootcamp	8:30-9:30 am Aqua Body Burn	8:35-9:30 am Aqua Intervals	8:35-9:30 am Aqua Intervals	8:30-9:30 am Weekend Warrior	
9:30-10:30 am Splash and Sculpt	9:30-10:00 am Aqua PiYo	9:30-10:30 am Aqua Blast	9:30-10:30 am Body Contour	9:30-10:30 am Splash and Sculpt		
5:00-6:00 pm Aqua Blast	5:30-6:30 pm Aqua-Box		6:00-7:00 pm H2O Bootcamp (seasonal)			

Effective January 16, 2012

American Woman Fitness Centers (201) 405-0555 or visit us at Americanwomanfitness.com