

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						
7:15 - 8:15 am Cardio Training		7:15 - 8:15 am Interval Train		7:15 - 8:15 am Cardio Classic		
8:30 - 9:30 am Ball-Core-More	8:30 - 9:30 a.m. Body Sculpt	8:30 - 9:30 a.m. Box and Abs	8:30 - 9:30 am Extreme Train	8:30 - 9:30 am Core on the Clock	8:30 - 10:00 Boot Camp	
9:30-10:30 am Zumba	9:30 -10:30 a.m. Crosstraining	9:30 -10:30 a.m. Power Hour	9:30 -10:30 a.m. Step/Crosstrain	9:30 -10:30 a.m. Strength Training	10:00 - 11:00 Pilates	9:30 - 10:30 Hatha Yoga
10:40-11:40 am Spin	10:30-11:30 am Yoga	10:30 - 11:15 Zumba	10:30-11:30 a.m. Hatha Yoga	10:30-11:30 a.m. Pilates	11:00 - 12:00 Zumba	10:45-11:45 a.m. Zumba
4:30 - 5:30 PM Core on the Clock	4:30 - 5:30 pm Boot Camp	4:30 - 5:30 pm Spin	4:30 - 5:30 pm Crosstraining	4:30 - 5:30 pm Zumba		
5:30-6:30 pm Jump/Jack/Sculpt	5:30 - 6:30 pm Body Blast	5:30 - 6:30 pm Step and Sculpt	5:30 - 6:30 pm Turbo Kick	5:30 - 6:30 pm Spin		
6:30 - 7:30 Spin	6:30 - 7:30 pm Zumba	6:30 - 7:30 pm Body Blast	6:30 - 7:30 pm Zumba			
7:30 - 8:30 Yoga		7:30-8:30 Zumba				
Aquatic Classes						
8:30 - 9:30 am Basic Aquacise	9:00 -10:00 am Aqua Energy	8:30 - 9:30 am Aqua Energy	8:30 -9:30 am Water Workout	8:30 - 9:30 am Water Workout		
9:30 -10:30 am Splash!		9:30 -10:30 am Power H2O		9:30 -10:30 am Aqua Action	9:00 -10:00 am Weekend Water	
			4:30 -5:30 Aqua Cardio			

EFFECTIVE JANUARY 15, 2010

American Woman Fitness Centers - Oakland Location

(201) 405-0555 or visit us @www.AmericanWomanfit@aol.com

