

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 Low and Loaded		7:15-8:15 am Fit Chick		7:15-8:15 am Cardio Classic		
8:30-9:30 am Ball-Core-More	8:30-9:30 am Body Sculpt	8:30-9:30 am Box and Abs	8:30-9:30 am Extreme Train	8:30-9:30 am Tik Tok Intervals	8:30-10:00 am Boot Camp	
9:30-10:30 am Zumba	9:30-10:30 am Crosstraining	9:30-10:30 am Power Hour	9:30-10:30 am Step/Crosstrain	9:30-10:30 am Strength Training	10:00-11:00 am Pilates	9:30-10:30 am Hatha Yoga
10:40-11:40 am Spin	10:30-11:30 am Yoga	10:30-11:30 am Zumba	10:30-11:30 am Zumba	10:30-11:30 am PIYO	11:00-12:00 am Zumba	10:45-11:45 am Zumba
4:30-5:30 pm Tik Tok Intervals	4:30-5:30 pm Boot Camp	4:30-5:30 pm Spin	4:30-5:30 pm Step and Sculpt	4:30-5:30 pm Zumba		11:45-12:45 am Cardio Sculpt
5:30-6:30 pm Jump/Jack/Sculpt	5:30-6:30 pm Body Blast	5:30-6:30 pm Step it Up	5:30-6:30 pm Turbo Kick	5:30-6:30 pm Spin		
6:30-7:30 pm Spin	6:30-7:30 pm Zumba	6:30-7:30 pm Body Blast	6:30-7:30 pm Zumba			
7:30-8:30 pm Yoga		7:30-8:30 pm Zumba				

Oakland Aquatic Classes

8:30-9:30 am Basic Aquacise	8:30-10:00 am Yoqua	8:30-9:30 am Aqua Interval Training	8:30-9:30 am Water Workout	8:30-9:30 am Water Workout	9:00-10:00 am Weekend Water	
9:30-10:30 am Splash!		9:30-10:30 am Power H2O		9:30-10:30 am Aqua Action		
5:00-6:00 pm Aqua Workout			4:30-5:30 pm Aqua Cardio			

Effective June 1, 2010

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