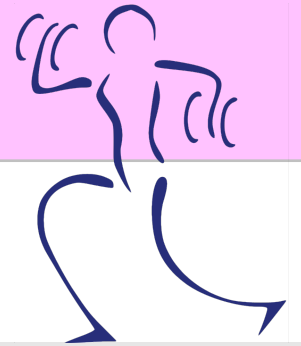


# MOVE IT

## Weekly Schedule



Monday

5:00 - 6:00 PM Low-Impact Aerobics

Tuesday

7:00 - 8:00 PM Circuit Conditioning

Wednesday

5:00 - 6:00 PM Step Class

Thursday

5:00 - 6:00 PM Low-Impact Aerobics

Friday

Saturday

7:30 - 8:30 AM Bodysculpting

Sunday

9:00 - 10:00 AM Water Aerobics  
(off-site, 1432 S. Charlotte, San Gabriel - seasonal)