

Pine Grove Health and Country Club



Starts Thurs. July 1st.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			 @5:55 KATHY		 @5:55 KATHY		 @7:10 KATE
8:10 AM	 ELAINE	 JODY	CARDIO LITE EXPRESS @8:30 JODY	 PATTY	CARDIO LITE EXPRESS @8:30 JODY	 PATTY	 CAROLYN
9:15 AM	 ELAINE	 ELLEN	 ELLEN	 PATTY	 JODY	 CAROLYN	 PATTY
10:15 AM	 JENNIFER	Silver Sneakers MSROM JODY	 KATE	TAI CHI CHIH JIM	 ALINE	Silver Sneakers MSROM SCHELLY	 ELLEN
4:45 PM		 PATTY	 JENNIFER	 CAROLYN	 ANNETTE		
5:45 PM		 ANNETTE	 JODY	 PATTY	 ELLEN/ELAINE	 NICOLE/ALINE	
6:45 PM		BOOTCAMP CINDY	 ANNETTE	 JODY/ELAINE	 MELISSA		
7:45 PM		YOGA MARNIE		CARDIO SALSA ROBERTO			672-8107