

Updated OCTOBER 2015

NEW start times and classes!

FITNESS SCHEDULE

Classes with consistent low attendance are subject to being cancelled.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		BODY BELLS 10:00 -- 11:00AM KIM	TONE & SHRED 10:30 -- 11:30AM KIM	BODY CHIZEL 6:30 -- 7:30AM JESSE	STEP IT UP 9:30 -- 10:30AM KIM	
				BODY CHIZEL 11:00 -- 12:00PM JESSE		
	WOD 12:00 -- 1:00PM JESSE	FLOW YOGA 12:00— 1:00pm YUN	TOTAL BODY FUSION 12:00 -- 1:00PM KIM	FLOW YOGA 12:00 -- 1:00PM YUN		
			30/30 5:00 -- 6:00PM JESSE	CORE/TABATA 5:00 -- 6:00PM JESSE		
	BARBELL BURN 6:00 -- 7:00PM JESSE					

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