



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:10-6:10am BODY PUMP Estelle	5:10-6:10am BODY PUMP Jeannie	5:10-6:10am BODY PUMP Estelle	5:10-6:10am BODY PUMP Jeannie	5:10-6:10am BODY PUMP Varies		
	9:30-10:30am BODY PUMP Terrill		9:30-10:30am BODY PUMP Terrill		9:00-10:00am BODY PUMP Varies	
11:00-12:00pm BODY PUMP Terrill		11:00-12:00pm BODY PUMP Jeannie				
	12:10-12:50pm BODY PUMP Express Kristin M.		12:10-12:50pm BODY PUMP Express Kelly			BODY PUMP 12:15-1:15pm Varies
	5:30-6:30pm BODY PUMP Melanie		5:30-6:30pm BODY PUMP Melanie			
6:30-7:30pm BODY PUMP Nikki		6:30-7:30pm BODY PUMP Stacy O.				

## New BODY PUMP Releases start...

BODY PUMP #73 – Monday, May 10, 2010

BODY PUMP # 74 – Monday, July 5<sup>th</sup>, 2010

BODY PUMP #75 – Monday, October 4<sup>th</sup>, 2010

BODY PUMP #76 – Monday, January 8<sup>th</sup>, 2011

- BODY PUMP classes are open to all **PLUS** members.
- We have 19 sets of BODY PUMP equipment. There will be numbered cards (1-19) at the Member Services Desk which may be picked up **30 minutes** prior to class. This card is your ticket to attend class and will be turned into your instructor.
- BODY PUMP *Express* is a shortened 40 minute workout (Noon). All other classes are 1 hour in length.