

2010 SCHEDULE


longevity fitness club & spa

HOURS: MO – TH 5:30am-9pm, FR 5:30am – 8:pm, SAT 7am-4pm & Sunday 12pm-4pm **KID KARE HOURS:** WEEKDAYS 8am-12:30pm & 4pm-8pm (T/T 3:30pm-8pm), SAT 9am-12:30pm

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	MORNING SPIN Melissa	Introducing our coed club: LONGEVITY max	MORNING SPIN Melissa	CLUB NEWS Visit: longevityclubs.com or longevity max fitness.com	MORNING SPIN Melissa	INSURANCE We accept insurance for massage! MM#7304
8:00	NEW!! ZUMBA! Fun Latin Rhythms Class with Lucy	X-Box Kickboxing - Paula	NEW!! ZUMBA! Fun Latin Rhythms Class with Lucy	X-Box Kickboxing - Paula	NEW!! ZUMBA! Fun Latin Rhythms Class with Lucy	MORNING SPIN Cycling Class
9:00	FAT BLASTER Hi-Lo Aerobics - Paula	Full Body Blast Low Impact Aerobics Plus Toning Megan	FAT BLASTER Hi-Lo Aerobics - Paula	Full Body Blast Low Impact Aerobics Plus Toning Megan	FAT BLASTER Hi-Lo Aerobics - Paula	FAT BLASTER Hi-Lo Aerobics - Paula
10:00	CORE & MORE! Strength & Tone – Paula	STRENGTH & FLEX Toning & Stretching Megan	CORE & MORE! Strength & Tone – Paula	STRENGTH & FLEX Toning & Stretching Megan	CORE & MORE! Strength & Tone – Paula	SATURDAY STEP Step Class Paula
11:00	Senior Fit Seated Seniorcise Exercise Class Megan	PILATES Pam	Senior Fit Seated Seniorcise Exercise Class Megan	PILATES Pam	Senior Fit Seated Seniorcise Exercise Class Megan	SATURDAY STRESS RELIEVER YOGA

PM

AFTERNOON CLASSES

4:00		SPIN 2B-THIN Sharon	寿 PILATES - Pam		SPIN 2B-THIN Sharon	寿 PILATES - Pam	NEW YEAR BOOT CAMPS START JANUARY 18TH 6-Week Boot Camp IRCSD Teacher Boot Camp Senior Boot Camp Orientation is January 16 th 8-11am 
5:30	X-Box Kickboxing STEVE	ULTIMATE ABS ½ hour Abs - Paula		X-Box Kickboxing STEVE	ULTIMATE ABS ½ hour Abs - Paula		
6:00		X-Step Aerobics Paula			X-Step Aerobics Paula		
6:30	X-Bike Cycling Class Robin		寿 YOGA ESCAPE Julie	X-Bike Cycling Class Robin		寿 YOGA ESCAPE Julie	
7:00		ZUMBA! International Rhythms Theresa		We now carry PROTEIN SUPPLEMENTS	ZUMBA! International Rhythms Theresa		
7:30							

www.longevityclubs.com

650 12th Street Vero Beach - (772) 778-6800

寿 = Classes in Yoga Studio