

# BEACH WALK

FAMILY FITNESS LTD.



*...The Place To Be*

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:00 am	Interval  Instructor: Joyce	Yoga  Instructor: Kelly	Zumba  Instructor: Joyce	Interval  Instructor: Ashley	Yoga  Instructor: Simone	20/20/20  Instructor: Mandy
10:15						Kettlebell  Instructor: Diana B
10:30 am						

6:00 pm	Cardio Dance (Zumba- Inspired)  Instructor: Ashley P	20/20/20  Instructor: Mandy	Circuits  Instructor: Ashley P	Zumba  Instructor: Joyce	
7:00 pm		Kettlebell (7:15)  Instructor: Diana B  (paid program)		Kettlebell  Instructor: Diana B  (paid program)	
7:30 pm					
8:00 pm				Yoga  Instructor: Kelly	



It Is Mandatory To  
Wear Clean Indoor  
Gym Shoes To  
Help Keep The  
Aerobics Room  
Clean!

**Child Care Hours**

Monday-Saturday  
9am - 12pm

Monday-Friday  
5pm - 8:30pm

PH: 519-728-2758