



GROUP X-ERCISE

262-253-1278 WWW.PREFERRED-FITNESS.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					YOGA 8:30-9:30AM
DEFINE 9:30-10:30AM		SPIN 9:30-10:30AM		BOOTCAMP 9:30-10:30AM	ZUMBA 9:30-10:30AM
ZUMBA 6:00-7:00PM	PILATES 5:45-6:45PM	SPIN 6:30-7:30PM	BOOTCAMP 6:00-7:00PM		