

# Group Fitness Schedule

August 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	 Jeff	 Ashley  Andrea	 Tiffany	 Kate & Jeff  Tiffany	 Andrea  Kate		
8:00 AM	 Halee	 Heidi	 Halee	 Halee	 Halee	 Andrea  Andy	 Marcy
9:00 AM	 Tiffany  Ashley	 Kate  Heidi	 Kate	 Tiffany  Kate	 Kate <i>FAMILY</i>	 Kate  Andrea	 Stephan
10:00 AM	 Kate	 Kate <i>FAMILY</i>	 Ashley	 Kate	 Kate	 Kate <i>FAMILY</i>	 Stephan  Ashley
12:00 PM	 Emily  Diane	 Tiffany & Jason	 Kate	 Ashley	 Tiffany  Diane		
4:30 PM	 Kate	 Halee/Kate <i>FAMILY</i>	 Tiffany	 Tiffany	 Heidi		
5:30 PM	 Chris  Tiffany	 Marcy/Andy/Diane  	 Tiffany  Ashley	 Marcy  Diane	 Andrea & Ozzie		
6:30 PM	 Tiffany & Rose  Ashley	 Ashley  Marcy	 Chris  Andrea	 Marcy  Rachel			
						(916) 782-8111 <a href="http://www.facebook.com/trufitness">www.facebook.com/trufitness</a>	