



**LEVITTOWN SCHEDULE  
SUMMER 2009**  
(effective July 1, 2009)

\* Class times subject to change  
\* Please **call ahead** to schedule your class

**ADULT FITNESS PROGRAMS**  
An Option for Every Level of Fitness

**Fundamentals**

- For those trying to make exercise a habit & be healthier
- Class is delivered at a moderate pace

**Fitness**

- For those looking to work out regularly to increase muscle-mass, reduce body fat & improve their physique

**Performance**

- For serious adult athletes looking to improve their strength, conditioning, speed & agility for sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
6:00am	7:00am	6:00am	7:00am	6:00am	8:00am
8:00am	8:00am	8:00am	8:00am	7:00am	9:30am
10:00am	10:00am	10:00am	10:00am	8:00am	11:00am
12:15pm 45 minute "Power Lunch"		12:15pm 45 minute "Power Lunch"		10:00am	
				12:15pm 45 minute "Power Lunch"	
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>
6:00pm	4:00pm	6:00pm	4:00pm		
7:00pm			5:00pm		
			6:00pm		
			7:00pm		

**Refer a Friend and Get a  
\$25 Sports Authority Gift Card!**

**One-on-One  
Nutritional  
Counseling Is Now  
Available.**

**Ask About  
Scheduling a  
FREE Consultation!**