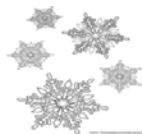


Where: Blairsville Armory **FEBRUARY 2012 AEROBIC SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
	<p><u>***6:30 TO 7:30 AM</u> <u>MISSION IMPOSSIBLE-Marcia</u> <u>EARLY MORNING BOOTCAMP</u> <u>Call 7242489749 to sign up</u></p>		<p><u>***6:30 TO 7:30 AM</u> <u>MISSION IMPOSSIBLE-Marcia</u> <u>EARLY MORNING BOOTCAMP</u> <u>Call 7242489749 to sign up</u></p>		<p><u>***8:00-9:00 am</u> <u>Interval Class-Marcia</u> <u>Aerobic and Toning Mix</u> <u>Call 7242489749</u> <u>to sign up</u></p>
<p><u>***9:15-10:15 am</u> <u>Group Personal Training</u> <u>All levels of Fitness</u> <u>Marcia</u> <u>Call 7242489749 to sign up</u></p>	<p><u>Beginner Spinning</u> <u>9:00-10:00 am</u> <u>Marcia</u></p> <hr/> <p><u>Spinning</u> <u>10:00-11:00 am</u> <u>Marcia</u></p>	<p><u>***9:15-10:15 am</u> <u>Group Personal Training</u> <u>All levels of Fitness</u> <u>Marcia</u> <u>Call 7242489749 to sign up</u></p>	<p><u>Beginner Spinning</u> <u>9:00-10:00 am</u> <u>Marcia</u></p> <hr/> <p><u>Spinning</u> <u>10:00-11:00 am</u> <u>Marcia</u></p>	<p><u>***9:15-10:15 am</u> <u>Group Personal Training</u> <u>All levels of Fitness</u> <u>Marcia</u> <u>Call 7242489749 to sign up</u></p>	
<p><u>***10:15 to 11:15</u> <u>Step Aerobics</u> <u>Marcia</u> <u>Call 7242489749 to sign up</u></p>		<p><u>10:15 to 11:15</u> <u>Kick box Cardio & Abs</u> <u>Marcia</u> <u>Call 7242489749 to sign up</u></p>		<p><u>***10:15 to 11:15</u> <u>Step Aerobics</u> <u>Marcia</u> <u>Call 7242489749 to sign up</u></p>	<p><u>Beginner Spinning</u> <u>9:00-10:00 am</u> <u>Marcia</u></p> <hr/> <p><u>Spinning</u> <u>10:00-11:00 am</u> <u>Marcia</u></p>
Evening	Evening	Evening	Evening	Evening	
<p><u>5:30-6:30 pm -Marcia</u> <u>Boot Camp</u> <u>Cardiovascular and Weight Loss</u> <u>Whole Body Workout</u></p>	<p><u>5:15 pm to 6:15 pm</u> <u>Step Aerobics-Marcia</u> <u>Intermediate to Advance</u> <u>(Beginners can do this class without a step)</u></p>	<p><u>5:30-6:30 pm -Marcia</u> <u>Boot Camp</u> <u>Cardiovascular and Weight Loss</u> <u>Whole Body Workout</u></p>	<p><u>5:15 pm to 6:15 pm</u> <u>Step Aerobics-Marcia</u> <u>Intermediate to Advance</u> <u>(Beginners can do this class without a step)</u></p>		
	<p><u>6:30-7:30 pm-Marcia</u> <u>Party Groove Dance Aerobics</u> <u>Beginner and Low Impact</u></p>		<p><u>Spinning-Marcia</u> <u>6:15-7:00 pm (45 min)</u></p>		
<p><u>Beginner Spinning</u> <u>7:00 pm to 8:00 pm</u> <u>Marcia</u></p>	<p><u>Spinning</u> <u>7:30 pm to 8:30 pm</u> <u>Marcia</u></p>	<p><u>7:00-8:00 pm-Marcia</u> <u>Body Toning & Abs</u> <u>All Levels</u></p>	<p><u>7:00-8:00 pm-Marcia</u> <u>Party Groove Dance Aerobics</u> <u>Beginner and Low Impact</u></p>		
<p>SPINNING CLASSES \$5.00 A CLASS MUST SIGN UP FOR THIS CLASS!!!!!!</p>	<p>GROUP PERSONAL TRAINING \$48.00 PER MONTH CALL MARCIA CROCE OR EMAIL: MCROCE@MARADNET.COM</p>	<p>Marcia's Classes option pay by month: 1x a week class \$16.00 month 2x a week class \$24.00 month 3x a week class \$36.00 month Unlimited classes a month \$48.00 Must be paid first class of the month</p>	<p>OR PAY AS YOU GO \$4.00 per class The choice is yours Please bring towel, water, and mat to classes</p>	<p>*** Means 8 people are needed to be signed up before I start up this class. Email: mcroce@maradnet.com to request to be put on the list or call 7242489749.</p>	

For more information please call Marcia Croce at 724-248-9749 or email mcroce@maradnet.com