

# TEENAGE GIRLS PROGRAM

February 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Boot Camp</b> (9 - 11 years) 3:00 PM Naome / Susanne Active Hall ••	<b>Step 1</b> (12 - 14 years) 4:00 PM Naome / Susanne FS3 ••	<b>3 / 15 Spin</b> (12 - 14 years) 4:00 PM Naome / Susanne Spinning Studio ••	<b>Circuit Training</b> (12 - 14 years) 4:00 PM Naome / Susanne FS3 ••	<b>Abdominal Workout</b> (12 - 14 years) 4:00 PM Naome / Susanne FS7 ••	<b>Fun Combo</b> (9 - 11 years) 4:00 PM Susanne FS7 ••
<b>Walking</b> (12 - 17 years) 4:00 PM Naome / Susanne Indoor / Outdoor ••	<b>Fun Games</b> (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ••	<b>Fun Combo</b> (15 - 17 years) 5:00 PM Naome / Susanne Active Hall ••	<b>Zumba</b> (12 - 17 years) 5:00 PM Liza FS3 ••	<b>Step 1</b> (15 - 17 years) 5:00 PM Susanne / Naome FS3 ••	<b>3 / 15 Spin</b> (15 - 17 years) 4:00 PM Naome Spinning Studio ••
	<b>Fun Combo</b> (15 - 17 years) 6:00 PM Naome / Susanne Active Hall ••		<b>Fun Combo</b> (9 - 11 years) 5:00 PM Naome / Susanne Active Hall ••		<b>HIP HOP</b> (12 - 17 years) 5:00 PM Liza FS7 ••

• low intensity

•• medium intensity

••• high intensity