



Group Fitness Schedule – effective Feb 1, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
5:30am	Debbie		Debbie			8:15am	Melanie
9:00am	Nadine	Nadine		Melanie	Rocci	9:20am	Debbie
10:00am		10:00-1030am Nadine	Debbie		<p>New at Yelm FitStop 24 Foam Rolling is Here! Thursday @ 5:25pm</p> <p>Foam rolling can help challenge you in multiple fitness dimensions. You will not only stretch muscles, foam rolling can help break down adhesions by using your own body weight for self massage or myofascial release. Come work out the kinks, release areas of chronic pain, and improve your core stability, strength, balance, and flexibility. Excellent for people of all ages and fitness levels.</p>		
4:20pm				Nadine			
5:30pm	Debbie		5:30pm 6:15pm Angel/Chris	Foam Rolling 5:25-5:50pm			
6:35pm		Rocci					