

**Champion Health and Fitness  
Group Exercise Schedule  
SEPTEMBER 21, 2009**

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
5:30 AM BODY PUMP Jessica	5:30 AM Precision Cycling Jessica		5:30 AM Circuit Training Jessica			
			8:15 Step Step  Lori		8:00 AM Turbo Kick Janet	
9:00 AM BODY PUMP Debby	9:00 AM TURBO KICK Debby	9:00 AM Yoga FLEX Debby	9:00 AM BODY PUMP Janet	9:00 AM Double Step Debby	9:00 AM Body Pump Debby	
10:00 AM Step Express (30 Minutes) Debby	10:00 AM PI/YO  Tara	10:00 AM Zumba  Debby	10:00 AM Zumba (45 minutes) Janet	10:00 AM PI/YO  Thalia	10:00 AM Step Express 30 mim Debby	
					10:30 AM Zumba  Debby	
5:00 PM Step 45 min Debby	5:00 PM BODY PUMP Debby		5:00 PM BODY PUMP Debby			
5:45 PM ZUMBA  Debby		5:30 PM TURBO KICK Janet				
6:30 PM BODY PUMP Janet	6:00 PM Zumba  Tara	6:30 PM BODY PUMP Kim	6:00 PM Pilates (1 Hour) Debby			
7:30 PM Precision Cycling 30 min Janet	7:00 PM Yoga  Tara					

[www.champfitness.com](http://www.champfitness.com)

**Club Hours: M-TH 5a-10p, F 5a-8p, SAT 7a-6p, SUN 10a-5p  
4525 Stauffer Ave SE Kentwood MI 49508 (616) 827-0100**