



Located in Marketplace Mall  
 311 Miracle Mile Drive (near Dick's Sporting Goods and Dave & Buster's)

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

**\*\*EFFECTIVE Tuesday, September 5<sup>th</sup>, 2017\*\***

**MONDAY**

5:30PM	PIYO® LIVE	CHRISTINE
6:30PM	ZUMBA®	CHRISTINE
7:30PM	CORE DE FORCE® LIVE	CHRISTINE

**TUESDAY**

12:00PM	**ZUMBA®	GEORGIA
12:45PM	*15MIN ABS	GEORGIA
5:00PM	TURBO KICK®	DANNY
5:45PM	INSANITY®	CINDY
6:30PM	**ZUMBA®	SHEILA

**WEDNESDAY**

12:00PM	**STRENGTH	GEORGIA
5:30PM	P90X® LIVE	CHRISTINE
6:15PM	*POUND®	CHRISTINE
6:30PM	ZUMBA®	MARIA &CHRISTINE
7:30PM	**STRENGTH	MARIA

**THURSDAY**

12:00PM	**ZUMBA TONING®	GEORGIA
5:00PM	TURBO KICK®	DANNY
5:45PM	CIZE® LIVE	CHRISTINE
6:30PM	PIYO® LIVE	CHRISTINE

**FRIDAY**

9:30AM	CORE DE FORCE® LIVE	CHRISTINE
6:30PM	**ZUMBA®	GEORGIA
7:30PM	*15 MIN ABS	GEORGIA

**SATURDAY**

9:00AM	TURBO KICK®	ERICA
9:45AM	PIYO® LIVE	ERICA & NIKI

**SUNDAY**

9:30AM	**RED WARRIOR™	MARIA
10:15AM	ZUMBA®	MARIA
11:15AM	CORE DE FORCE/ STRENGTH	MARIA

**New to group fitness classes?** Look for the (\*\*) next to the name of the class. All classes on our schedule are suitable for all fitness levels but these are the best fit for newer exercisers.

All classes are 45 or 60 minutes in length unless otherwise noted. 15 minute classes are noted with an (\*) and are free if attending the class prior or after.