





































# Pine Grove Health and Country Club

							<b>Starts February 10th</b>	
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM			 @5:55 KATHY		 @5:55 KATHY		 @7:10 KATE	
8:10 AM	 ELAINE	 JODY	CARDIO LITE EXPRESS @8:30 JODY		CARDIO LITE EXPRESS @8:30 JODY		 CAROLYN	
9:15 AM	 ANDREA	 JENNIFER	 ELLEN	 PATTY	 CAROLYN	 PATTY	 PATTY	
10:15 AM	 JENNIFER	Silver Sneakers MSROM JODY	 KATE	 PATTY	 JENNIFER	Silver Sneakers MSROM JIM	 ELLEN	
11:15 AM				TAI CHI CHIH JIM				
4:45 PM		 PATTY	 ELAINE	 KATE	 KATE			
5:45 PM		 STEPHANIE	 ANDREA	 ELLEN	 ELLEN	HOT HOUSE YOGA MARNIE @6PM		
6:45 PM		YOGA @ 7:15 MARNIE	 NELLIE	 JODY/ELAINE	 MELISSA			
7:45 PM				CARDIO SALSA ROBERTO		<b>672-8107</b>		