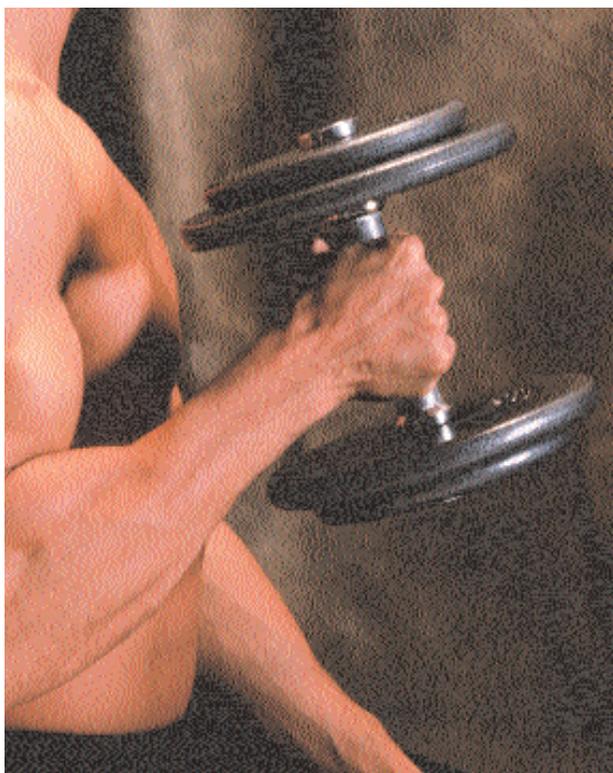


# Get Pumped Up With Us!



Join our new Body Pump class to build and tone muscles in a fun and energetic group environment. See the schedule for class times.

## November Class Schedule

### Water Aerobics

This text is provided to show you how your copy will look when it is set in this typeface and presented in this format.

Whitmore East Pool

Mondays & Thursdays  
9:00 a.m. to 10:30 a.m.

### Classic Aerobics

This text is provided to show you how your copy will look when it is set in this typeface and presented in this format.

Classroom 4B

Mondays & Wednesdays  
6:00 p.m. to 7:00 p.m.

Tuesdays & Fridays  
10:00 a.m. to 11:00 a.m.

### Step Aerobics

This text is provided to show you how your copy will look when it is set in this typeface and presented in this format.

Classroom 3C

Tuesdays & Thursdays  
6:00 p.m. to 7:30 p.m.

### Kickboxing

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Classroom 4A

Mondays & Thursdays  
6:00 p.m. to 7:00 p.m.

Tuesdays & Saturdays  
8:00 a.m. to 9:00 a.m.

### Beginning Yoga

This text is provided to show you how your copy will look when it is set in this typeface and presented in this format.

Classroom 2B

Mondays & Wednesdays  
9:00 a.m. to 10:30 a.m.

Tuesdays & Thursdays  
5:00 p.m. to 6:30 p.m.

### Intermediate Yoga

This text is provided to show you how your copy will look when it is set in this typeface and presented in this format.

Classroom 2B

Mondays & Wednesdays  
11:00 a.m. to 12:30 p.m.

Tuesdays & Thursdays  
7:00 p.m. to 8:30 p.m.

### Body Pump New!

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Classroom 3A

Mondays & Thursdays  
7:00 p.m. to 8:00 p.m.

### Tai Chi

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Classroom 4A

Mondays & Thursdays  
7:30 p.m. to 8:30 p.m.

Tuesdays & Saturdays  
9:30 a.m. to 10:30 a.m.

### Tae Kwon Do

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Classroom 4C

Tuesdays & Wednesdays  
7:00 p.m. to 8:00 p.m.

Mondays & Fridays  
9:00 a.m. to 10:00 a.m.

### Spinning

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Classroom 4B

Tuesdays & Saturdays  
9:00 a.m. to 10:30 a.m.

## Whitmore Fitness Center

4960 W. Whitmore Drive Birmingham Heights  
(311) 555-3849 [www.WhitmoreFitnessCtr.com](http://www.WhitmoreFitnessCtr.com)  
Mon. Fri. 7 a.m. 9 p.m., Sat. Sun. 8 a.m. 6 p.m.