

Monday



FAST CHEETAH - 56 MIN.

WITH TRAINER
TRACIE LONG

CARDIO 33m | FLOOR 13m
YOGA 10m

Tuesday

STRONG BEAR - 54 MIN.

WITH TRAINER
TRACIE LONG

WEIGHTS 23m | CARDIO 5m
FLOOR 19m | YOGA 7m



Wednesday

STEAMIN' CARDIO - 51 MIN.

WITH TRAINER
KELSIE DANIELS

CARDIO 35m | CORE 8m
STRETCH 8m



Thursday



WEIGHTS FIRST - 58 MIN.

WITH TRAINER
TRACIE LONG

WEIGHTS 28m | CARDIO 12m
CORE 7m | YOGA 11m

Friday



FAST CHEETAH - 56 MIN.

WITH TRAINER
TRACIE LONG

CARDIO 33m | FLOOR 13m
YOGA 10m

Saturday or Sunday

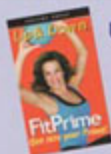
CORE FIRST - 57 MIN.

WITH TRAINER
CARISSA FOSTER

WEIGHTS 21m | CARDIO 10m
CORE 12m | YOGA 14m



Monday



UP & DOWN - 58 MIN.

WITH TRAINER
JAC

WEIGHTS 29m | **CARDIO** 12m
FLOOR 10m | **YOGA** 7m

Tuesday

CRUNCH TIME - 45 MIN.

WITH TRAINER
SUSAN HARRIS
Available Late Summer 2003!

WEIGHTS 22m | **CARDIO** 14m
FLOOR 4m | **YOGA** 6m



Wednesday



FAST CHEETAH - 56 MIN.

WITH TRAINER
TRACIE LONG

CARDIO 33m | FLOOR 13m
YOGA 10m

Thursday

STRONG BEAR - 54 MIN.

WITH TRAINER
TRACIE LONG

WEIGHTS 23m | **CARDIO** 5m
FLOOR 19m | **YOGA** 7m



Friday

STEAMIN' CARDIO - 51 MIN.

WITH TRAINER
KELSIE DANIELS

CARDIO 35m | **CORE** 8m
STRETCH 8m



Saturday or Sunday



FLOOR BURN - 45 MIN.

WITH TRAINER
SUSAN HARRIS

Available Late Summer 2003!
CARDIO 3m | FLOOR 28m | **YOGA** 12m