

Next Steps Fitness Programs™

CLASS SCHEDULE

EFFECTIVE MARCH 29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 – 10:30 a.m. Land MEGAN			9:30 – 10:30 a.m. Land MEGAN	
	10 – 11 a.m. Land KIERSTIN	10:30 – 11:30 a.m. Land KIERSTIN	10 – 11 a.m. Land KIERSTIN	10:30 – 11:30 a.m. Land KIERSTIN		
	11 a.m. – 12 p.m. Land LISA	11 a.m. – 12 p.m. Water LISA	11 a.m. – 12 p.m. Land LISA	11 a.m. – 12 p.m. Water LISA		
		12 – 1 p.m. Land MEGAN			12 – 1 p.m. Land MEGAN	
	1 – 2 p.m. Water KIERSTIN		1 – 2 p.m. Water KIERSTIN			
	6 – 7 p.m. Land MARLYN		6 – 7 p.m. Land MARLYN			
		6:30 – 7:30 p.m. Land MARLYN		6:30 – 7:30 p.m. Land MARLYN		

For more information or questions, please contact:

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MI/Group Exercise Manager
856-325-5356

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