

# Commotion Fall 2011 Fitness Schedule

**August 29th- December 18th**

Day	Time	Class	Instructor	Day	Time	Instructor
<b>Zumba</b>				<b>Cage Fitness</b>		
Mon.	10:00-11:00	Zumba	Dawn	Mon.	7:00-7:30	Eric
Mon.	6:30-7:30	Zumba	Dawn	Mon.	7:30-8:00	Eric
Wed.	10:00-11:00	Zumba	Dawn	Wed.	7:30-8:00	Eric
Wed.	6:30-7:30	Zumba	Nasha	Wed.	8:00-8:30	Eric
Thurs.	5:30-6:30	Zumba	Bonnie			
Thurs.	7:30-8:30	Z. Toning	Dawn	Please call for personal training appts. Cage and TRX can be blended into an amazing personal training session.		
Fri.	10:00-11:00	Zumba	Bonnie			
Fri.	6:00-7:00	Zumba	Brenda			
Sat.	9:30-10:30	Zumba	Nasha			
Sat.	10:30-11:30	Zumba	Nasha			
<b>Pilates Reformer</b>				<b>TRX</b>		
Mon.	10:00-11:00	Beginner	Heather	Mon.	9:30-10:00 AM	Eric
Mon.	11:00-12:00	Beg. Inter.	Heather	Mon.	6:30-7:30 PM	Eric
Mon.	5:30-6:30	Beginner	Heather	Tues.	11:00-11:30 AM	Eric
Mon.	6:30-7:30	Beginner	Heather	Wed	9:30-10:00 AM	Eric
Mon.	7:30-8:30	Intermediate	Heather	Please call for personal training appts. Cage and TRX can be blended into an amazing personal training session.		
Tues.	10:00-11:00	Advanced	Bonnie			
Tues.	11:00-12:00	Beginner	Bonnie	<b>HyperGravity</b> Call or come in to schedule an appointment		
Wed.	11:00-12:00	Intermediate	Bonnie			
Wed.	12:00-1:00	Advanced	Bonnie			
Thurs.	10:00-11:00	Advanced	Bonnie			
Thurs.	11:00-12:00	Beginner	Bonnie			
Thurs.	6:30-7:30	Beginner	Kris			
Thurs.	7:30-8:30	Beginner	Kris			
Fri.	11:00-12:00	Beginner	Bonnie			
Sat.	9:30-10:30	Beginner	Heather			
Sat.	10:30-11:30	Beginner	Heather			
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