

Empowering cardio workout that is fiercely energetic. Inspired by martial arts and draws from an array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. **Express** = 45 minutes

March 31st through June 1st 2008



### Monday

<b>9:15 - 10:15 AM</b>		FIT	Nita Brooks
<b>5:30 - 6:15 PM</b>	<b>Express</b>	FIT	Drew Nervig

### Tuesday

<b>5:30 - 6:30 AM</b>		South	Catina Topash
<b>9:30 - 10:15 AM</b>	<b>Express</b>	South	Lisa Kent
<b>6:30 - 7:30 PM</b>		South	Curtis Pipes

### Wednesday

<b>5:30 - 6:15 PM</b>	<b>Express</b>	FIT	Drew Nervig
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### Thursday

<b>10:50 - 11:35 AM</b>	<b>Express</b>	South	Drew Nervig/Nita Brooks
<b>9:15 - 10:15 AM</b>		FIT	Nita Brooks

### Friday

<b>4:30-5:25 PM</b>		South	Lisa Kent
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### Saturday

<b>9:30 - 10:30 PM</b>		South	Drew Nervig
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### Sunday

<b>12:30 - 1:30 PM</b>		FIT	Lisa Kent/Nita Brooks
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#### Wilson's North

203 Leslie Lane East  
Columbia, MO 65202  
(573) 443-4242



#### Wilson's South

2902 Forum Blvd.  
Columbia, MO 65203  
(573) 446-3232

#### F.I.T Females In Training

\*2900 Forum Blvd.  
Columbia, MO 65202  
(573) 449-2606



\*Located Inside the MAC

