

The original barbell class that strengthens your entire body. This class challenges all your major muscle groups by using squats, presses, lifts, curls, etc.

**Express** = 45 minutes **Plus 1** = free style weightlifting added last week of the month

March 31st through June 1st 2008



### Monday

10:15 - 11:00 AM	<b>Express</b>	North	Sara Bozdech
5:30 - 6:25 PM	<b>Plus 1</b>	North	Joy Millard

### Tuesday

10:15 - 11:00 AM	<b>Express</b>	South	Lisa Kent
6:30 - 7:30 PM		North	Catina Topash

### Wednesday

5:30 - 6:30 AM		South	Lisa Kent/Sara Bozdech
5:30 - 6:25 PM		North	Jill Baxter

### Thursday

10:00 - 10:45 AM	<b>Express</b>	South	Sara Bozdech
5:30 - 6:25 PM		South	Adina Laird
6:30-7:30 PM		North	Jill Baxter

### Friday

12:00 - 1:00 PM		North	Catina Topash
5:30 - 6:15 PM	<b>Express</b>	South	Lisa Kent

### Saturday

10:30 - 11:30 AM		North	Ann Harris
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### Sunday

12:30 - 1:30 PM		South	Joy Millard
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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

