

This is a simple, athletic and fun workout using the step. Expect to achieve toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength.



March 31st through June 1st 2008

Monday

9:30 - 10:15 AM	Express North	Sara Bozdech
5:25 - 6:25 PM	South	Tara Dubinski

Tuesday

5:25 - 6:25 PM	North	Lisa Kent
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Wednesday

9:30 - 10:30 AM	South	Sara Bozdech
5:25 - 6:25 PM	South	Lisa Kent

Thursday

5:30 - 6:30 AM	South	Tara Dubinski
5:25 - 6:25 PM	North	Lisa Kent

Friday

9:30 - 10:30 AM	North	Tara Dubinski
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Saturday

9:30 - 10:30 AM	North	Ann Harris
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Sunday

11:25 AM - 12:25PM	South	Sara Bozdech
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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