

The Medical Spa at Nova Fitness Program Schedule

Winter - Spring 2011

See descriptions on reverse side; subject to change without notice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6am	Boot Camp 6:15 - 7:00		Boot Camp 6:15 - 7:00		Boot Camp 6:15 - 7:00			
7am								
8am								
9am	Total Body Conditioning 9:00 - 10:00							
10am								
11am		Seniors Circuit 11:00 - 12:00		Seniors Circuit 11:00 - 12:00				
Noon		Beginner Yogalates 12:00 - 1:00						
1pm	 		<p>Available for Individual and Group Personal Training Sessions</p>					
2pm								
3pm								
4pm								
5pm								
6pm		Circuit Class 6:00 - 7:00		Circuit Class 6:00 - 7:00				
7pm			Yoga 7:00 - 8:00					

Visit
www.novamedspa.com
 or call Pam Adams at
 703.554.1130 for new classes
 and more information on our
 fitness programs.