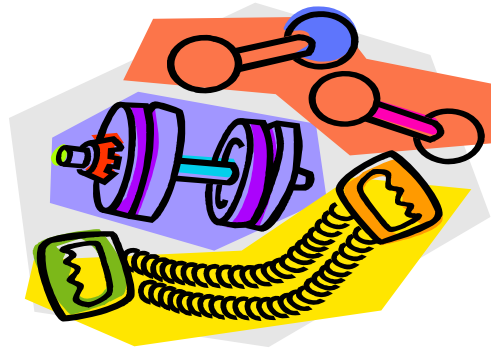


EMC Health and Wellness



101 Court Street
 Evergreen, AL 36401
 251-578-6863

EFFECTIVE February 12, 2008

<i>Class Times</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:30am	Senior Fitness		Senior Fitness		Senior Fitness
9:00am		Core & More		Core & More	
9:30am	Senior Fitness II		Senior Fitness II		Senior Fitness II
12:00pm	Extreme Stretch	Work it-Circuit	Step, Pump, and Tone	Work it-circuit	
4:30pm		Extreme Strength		Extreme Strength	
5:15pm		Fit & Firm		Fit & Firm	
5:30pm	Basic Training		Basic Training		

CLASSES AND TIMES ARE SUBJECT TO CHANGE