

B	I	N	G	O
WALK	15 min Weight training	ARC Trainer	RUN	Elliptical
15 min weight training	WALK	Group Cycling	15 min stretching	Power hour
WALK	Yoga	FREE	15 min stretching	Body Pump Class
Core Zone class	Treadmill	Eat 5 A Day	BIKE	Gravity
Any fitness class	15 min weight training	Pilates	Zumba	30 min weight training

B	I	N	G	O
Yoga	15 min stretching	RUN	15 min weight training	Group Cycling
ARC Trainer	Zumba	Elliptical	15 min weight training	Power hour
Core Zone class	15 min stretching	FREE	Body Pump Class	15 min Weight training
BIKE	Pilates	WALK	30 min weight training	Treadmill
Eat 5 A Day	Gravity	WALK	WALK	Any fitness class

B	I	N	G	O
15 min weight training	Pilates	15 min stretching	Gravity	15 min stretching
WALK	Core Zone class	Eat 5 A Day	WALK	Elliptical
WALK	30 min weight training	FREE	Treadmill	BIKE
Yoga	Power hour	RUN	Zumba	ARC Trainer
Body Pump Class	15 min Weight training	Group Cycling	15 min weight training	Any fitness class