



Bolded Classes indicate a new class, new class time or new instructor!!!

Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Cycle Sculpt-Janette 10:15 Chip Fit-Chip	2 9:15 Lift 45-Janette
4 9:15 Cycle Sculpt-Janette 11:00 Chip Fit-Chip 6:30 Synergy-Rachel	5 6:00 Zumba-Bonnie	6 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	7 6:30 Synergy-Rachel	8 9:00 Cycle Sculpt-Janette 10:15 Chip Fit-Chip	9 9:15 Lift 45-Janette
11 9:15 Cycle Sculpt-Janette 11:00 Chip Fit-Chip 6:30 Synergy-Rachel	12 6:00 Zumba-Bonnie	13 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	14 6:30 Synergy-Rachel	15 9:00 Cycle Sculpt-Janette 10:15 Chip Fit-Chip	16 9:15 Lift 45-No Class
18 9:15 Cycle Sculpt-No Class 11:00 Chip Fit-Chip 6:30 Synergy-Rachel	19 6:00 Zumba-Bonnie	20 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	21 6:30 Synergy-Rachel	22 9:00 Cycle Sculpt-No Class 10:15 Chip Fit-Chip	23 9:15 Lift 45-No Class
25 9:15 Cycle Sculpt-Janette 11:00 Chip Fit-Chip 6:00 Synergy-Rachel	26 6:00 Zumba-Bonnie	27 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	28 6:30 Synergy-Rachel	29 9:00 Cycle Sculpt-Janette 10:15 Chip Fit-Chip	30 9:15 Lift 45-Janette
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	2 8:30 Bootcamp-Dawn
4 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	5 5:15 Butts & Guts-Dori 9:15 Booty Camp-Janette	6 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda 6:15 Bootcamp-Dawn	7 5:15 TABATA-Dori 9:15 Lift 45-Janette	8 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	9 8:30 Bootcamp-Dawn
11 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	12 5:15 Butts & Guts-Dori 9:15 Booty Camp-Janette	13 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda 6:15 Bootcamp-Dawn	14 5:15 TABATA-Dori 9:15 Lift 45-Janette	15 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	16 8:30 Bootcamp-Dawn
18 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	19 5:15 Butts & Guts-Dori 9:15 Booty Camp-No Class	20 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda 6:15 Bootcamp-Dawn	21 5:15 TABATA-Dori 9:15 Lift 45-No Class	22 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	23 8:30 Bootcamp-Dawn
25 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	26 5:15 Butts & Guts-Dori 9:15 Booty Camp-Janette	27 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda 6:15 Bootcamp-Dawn	28 5:15 TABATA-Dori 9:15 Lift 45-Janette	29 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	30 8:30 Bootcamp-Dawn
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