



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

Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 <b>Booty Camp-Janette</b> 10:15 Chip Fit-Chip	2 9:00 Lift 45-Janette 10:00 Cycle Sculpt-Janette
4 9:00 <b>Cycle Sculpt-No Class</b> 10:15 Chip Fit-No Class  6:30 <b>Synergy-No Class</b>	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 <b>Booty Camp-Janette</b> 10:15 Chip Fit-Chip	9 9:00 Lift 45-Janette 10:00 Cycle Sculpt-Janette
11 9:00 <b>Cycle Sculpt-Janette</b> 10:15 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 <b>Booty Camp-No Class</b> 10:15 Chip Fit-Chip	16 9:00 Lift 45-Janette 10:00 Cycle Sculpt-Janette
18 9:00 <b>Cycle Sculpt-Janette</b> 10:15 Chip Fit-Chip  6:30 Synergy-Rachel	19   6:00 Zumba-Bonnie	20 9:00 <b>Yoga Sculpt-Morgan</b> 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	21   6:30 Synergy-Rachel	22 9:00 <b>Booty Camp-Janette</b> 10:15 Chip Fit-Chip	23 9:00 Lift 45-Janette 10:00 Cycle Sculpt-Janette
25 9:00 <b>Cycle Sculpt-Janette</b> 10:15 Chip Fit-Chip  6:30 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 <b>Booty Camp-Janette</b> 10:15 Chip Fit-Chip	30 9:00 Lift 45-Janette 10:00 Cycle Sculpt-Janette
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					



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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 <b>Bootcamp-No class</b> 9:15 <b>Upper Body Blast &amp; Core Strength-No Class</b>	5 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan	6 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	7 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan	8 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	9 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan	6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan		
11 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda	12 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan	13 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	14 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan	15 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	16 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan	6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan		
18 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda	19 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan	20 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	21 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan	22 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	23 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan	6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan		
25 5:15 Bootcamp-Dori 9:15 <b>Upper Body Blast &amp; Core Strength-No Class</b>	26 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan	27 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	28 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan	29	30
6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan	6:15 Bootcamp-Dawn	6:15 Yoga Flow-Morgan		
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					