



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

Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30 Synergy-Rachel	2 10:15 Chip Fit-Chip	3 9:00 Lift 45-Janette 10:00 Cycle-Janette
5 10:15 Chip Fit-Chip 6:30 Synergy-No Class	6 6:00 Zumba-Bonnie	7 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	8 6:30 Synergy-Rachel	9 10:15 Chip Fit-Chip	10 9:00 Lift 45-Janette 10:00 Cycle-Janette
12 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	13 6:00 Zumba-Bonnie	14 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	15 6:30 Synergy-Rachel	16 10:15 Chip Fit-Chip	17 9:00 Lift 45-Janette 10:00 Cycle-Janette
19 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	20 6:00 Zumba-Bonnie	21 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	22 6:30 Synergy-Rachel	23 10:15 Chip Fit-Chip	24 9:00 Lift 45-Janette 10:00 Cycle-Janette
26 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	27 6:00 Zumba-Bonnie	28 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	29 6:30 Synergy-Rachel	30 10:15 Chip Fit-Chip	
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 TABATA-Dori 9:15 Yoga Flow- Morgan 6:15 Slow Stretch- Morgan	2 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-No Class 6:15 Bootcamp-Dawn	6 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow-Morgan	7 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	8 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Slow Stretch- Morgan	9 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	10 8:30 Bootcamp-Dawn
12 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	13 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow-Morgan	14 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	15 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Slow Stretch- Morgan	16 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	17 8:30 Bootcamp-Dawn
19 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	20 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow-Morgan	21 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	22 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Slow Stretch- Morgan	23 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	24 8:30 Bootcamp-Dawn
26 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	27 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow-Morgan	28 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	29 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Slow Stretch- Morgan	30 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	
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