



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

Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	2 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	3 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	4 9:00 Lift 45-Janette 10:00 Cycle-Janette
6 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-No Class	7 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	8 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	9 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	10 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	11 9:00 Lift 45-Janette 10:00 Cycle-Janette
13 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	14 8:30 Cycle-Janette 9:15 Cardio Sculpt-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-No Class	15 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-No Class 7:00 Pilates + Stretch-Jennifer	16 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	17 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	18 9:00 Lift 45-Janette 10:00 Cycle-Janette
20 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-No Class	21 8:30 Cycle-Janette 9:15 Cardio Sculpt-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	22 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	23 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	24 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	25 9:00 Lift 45-Janette 10:00 Cycle-Janette
27 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	28 8:30 Cycle-Janette 9:15 Cardio Sculpt-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	29 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	30 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	31 9:00 BootyCamp-Jannette 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 Bootcamp-Dori 9:00 Total Strength-Jannette 6:15 Bootcamp-Dawn	2 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	3 5:15 Bootcamp-Dori	4 8:30 Bootcamp-No Class
6 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	7 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	8 5:15 Bootcamp-Dori 9:00 Total Strength-Jannette 6:15 Bootcamp-Dawn	9 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	10 5:15 Bootcamp-Dori	11 8:30 Bootcamp-Dawn
13 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	14 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	15 5:15 Bootcamp-Dori 9:00 Total Strength-Jannette 6:15 Bootcamp-Dawn	16 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	17 5:15 Bootcamp-Dori	18 8:30 Bootcamp-Dawn
20 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	21 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	22 5:15 Bootcamp-Dori 9:00 Total Strength-Jannette 6:15 Bootcamp-Dawn	23 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	24 5:15 Bootcamp-Dori	25 8:30 Bootcamp-Dawn
27 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	28 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	29 5:15 Bootcamp-Dori 9:00 Total Strength-Jannette 6:15 Bootcamp-Dawn	30 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	31 5:15 Bootcamp-Dori	
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