



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

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



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Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 TABATA-Dori 6:30 Beginners Yoga -Morgan	2 5:15 Bootcamp-Dori	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	6 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	7 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	8 5:15 TABATA-Dori 6:30 Beginners Yoga -Morgan	9 5:15 Bootcamp-Dori	10 8:30 Bootcamp-Dawn
12 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	13 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	14 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	15 5:15 TABATA-Dori 6:30 Beginners Yoga -Morgan	16 5:15 Bootcamp-Dori	17 8:30 Bootcamp-Dawn
19 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	20 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	21 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	22 5:15 TABATA-Dori 6:30 Beginners Yoga -Morgan	23 5:15 Bootcamp-Dori	24 8:30 Bootcamp-Dawn
26 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	27 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	28 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	29 5:15 TABATA-Dori 6:30 Beginners Yoga -Morgan		
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