



**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	2 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	3 9:00 <b>BootyCamp-No Class</b> 10:15 <b>Chip Fit-No Class</b>	4 9:00 <b>Lift 45-No Class</b>
		6:00 Zumba-Bonnie	7:00 Synergy-Rachel		
6 10:15 Chip Fit-Chip	7 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	8 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	9 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	10 9:00 <b>BootyCamp-No Class</b> 10:15 Chip Fit-Chip	11 9:00 Lift 45-Janette
5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Synergy-Rachel		
13 10:15 Chip Fit-Chip	14 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	15 9:00 <b>Yoga Sculpt-Morgan</b> 10:15 Chip Fit-Chip	16 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	17 9:00 <b>BootyCamp-No Class</b> 10:15 Chip Fit-Chip	18 9:00 <b>Lift 45-No Class</b>
5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Synergy-Rachel		
20 10:15 Chip Fit-Chip	21 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	22 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	23 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	24 9:00 <b>BootyCamp-Janette</b> 10:15 Chip Fit-Chip	25 9:00 Lift 45-Janette
5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Synergy-Rachel		
27 10:15 Chip Fit-Chip	28 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	29 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	30 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler	31 9:00 <b>BootyCamp-Janette</b> 10:15 Chip Fit-Chip	
5:30 <b>Cardio Sculpt-No Class</b> 6:30 <b>Synergy-No Class</b>	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Synergy-Rachel		
		<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>			



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

Mon	Tue	Wed	Thu	Fri	Sat
		1 5:15 Bootcamp-Dori	2 5:15 TABATA-Dori	3 5:15 Bootcamp-Dori	4 8:30 Bootcamp-Dawn
		6:15 Bootcamp-Dawn			
6 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	7 5:15 Lower Body Blast-Dori	8 5:15 Bootcamp-Dori	9 5:15 TABATA-Dori	10 5:15 Bootcamp-Dori	11 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
13 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	14 5:15 Lower Body Blast-Dori	15 5:15 Bootcamp-Dori	16 5:15 TABATA-Dori	17 5:15 Bootcamp-Dori	18 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
20 5:15 Bootcamp-Dori 9:30 <b>Beginners Yoga -Lynn</b>	21 5:15 Lower Body Blast-Dori	22 5:15 Bootcamp-Dori	23 5:15 TABATA-Dori	24 5:15 Bootcamp-Dori	25 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
27 5:15 <b>Bootcamp-No Class</b> 9:30 Beginners Yoga -Morgan	28 5:15 Lower Body Blast-Dori	29 5:15 Bootcamp-Dori	30 5:15 TABATA-Dori	31 5:15 Bootcamp-Dori	
6:15 <b>Bootcamp-No Class</b>	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					