



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

Mon	Tue	Wed	Thu	Fri	Sat
2 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip  6:30 Synergy-Rachel	3 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	4 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	5 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki  7:00 Cardio Dance- Suki	6 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	7 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
9 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip  6:30 Synergy-Rachel	10 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	11 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	12 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki  7:00 Cardio Dance- Suki	13 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	14 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
16 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip  6:30 Synergy-Rachel	17 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	18 <b>8:00 Zumba- No Class</b> 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	19 <b>9:00 Water Aerobics-No Class</b> 9:30 Pilates Sculpt -Suki  7:00 Cardio Dance- Suki	20 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	21 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
23 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip  6:30 Synergy-Rachel	24 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	25 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	26 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki  7:00 Cardio Dance- Suki	27 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	28 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
30 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip  6:30 Synergy-Rachel	31 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki				
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					



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Mon	Tue	Wed	Thu	Fri	Sat
2 5:15 Bootcamp-Dori	3 5:15 Lower Body Blast-Dori	4 5:15 Bootcamp-Dori	5 5:15 TABATA-Dori	6 5:15 Bootcamp-Dori	7 8:30 Bootcamp-
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
9 5:15 Bootcamp-Dori	10 5:15 Lower Body Blast-Dori	11 5:15 Bootcamp-Dori	12 5:15 TABATA-Dori	13 5:15 Bootcamp-Dori	14 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
16 5:15 Bootcamp-Dori	17 5:15 Lower Body Blast-Dori	18 5:15 Bootcamp-Dori	19 5:15 TABATA-Dori	20 5:15 Bootcamp-Dori	21 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
23 5:15 Bootcamp-Dori	24 5:15 Lower Body Blast-Dori	25 5:15 Bootcamp-Dori	26 5:15 TABATA-Dori	27 5:15 Bootcamp-Dori	28 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
30 5:15 Bootcamp-Dori	31 5:15 Lower Body Blast-Dori				
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki				

**\*\* ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP \*\***