



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

Mon	Tue	Wed	Thu	Fri	Sat
		1 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	2 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	3 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	4 8:30 Cycle Sculpt-No Class 9:30 Lift 45-No Class
6 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	7 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-No Class	8 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	9 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-No Class	10 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	11 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
13 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	14 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-Janette	15 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	16 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	17 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	18 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
20 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	21 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-Janette	22 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	23 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	24 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	25 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
27 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	28 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-Janette	29 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	30 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette		
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
		1 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	2 5:15 TABATA-Dori	3 5:15 Bootcamp-Dori	4 8:30 Bootcamp-
6 5:15 Bootcamp-No Class 6:15 Bootcamp-Dawn	7 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	8 5:15 Bootcamp-No Class 6:15 Bootcamp-Dawn	9 5:15 TABATA-No Class	10 5:15 Bootcamp-No Class	11 8:30 Bootcamp-No Class
13 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	14 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	15 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	16 5:15 TABATA-Dori	17 5:15 Bootcamp-Dori	18 8:30 Bootcamp-Dawn
20 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	21 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	22 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	23 5:15 TABATA-Dori	24 5:15 Bootcamp-Dori	25 8:30 Bootcamp-Dawn
27 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	28 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	29 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	30 5:15 TABATA-Dori		

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