



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

Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	2 8:30 Cycle Sculpt- No Class 9:30 Lift 45-Janette
4 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	5 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-Janette	6 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	7 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	8 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	9 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
11 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	12 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-Janette	13 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	14 9:00 Water Aerobics-No Class 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	15 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	16 8:30 Cycle Sculpt- No Class 9:30 Lift 45-Janette
18 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	19 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-Janette	20 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	21 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki (OUTSIDE) 6:00 Lift 45-No Class	22 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	23 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
25 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-No Class	26 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki 6:00 Booty Camp-Janette	27 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	28 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	29 9:00 Yoga Flow-Suki 10:15 Chip Fit-No Class	30 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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

Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 Bootcamp-Dori	2 8:30 Bootcamp-
4 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	5 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki	6 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	7 5:15 TABATA-Dori	8 5:15 Bootcamp-Dori	9 8:30 Bootcamp-Dawn
11 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	12 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki	13 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	14 5:15 TABATA-Dori	15 5:15 Bootcamp-Dori	16 8:30 Bootcamp-Dawn
18 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	19 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki	20 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	21 5:15 TABATA-Dori	22 5:15 Bootcamp-Dori	23 8:30 Bootcamp-Dawn
25 5:15 Bootcamp-No Class 6:15 Bootcamp-Dawn	26 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki	27 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	28 5:15 TABATA-Dori	29 5:15 Bootcamp-Dori	30 8:30 Bootcamp-Dawn

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