



**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 Janette 9:30 Lift 45-Janette
6 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip  6:00 Cardio Sculpt -Jannette	7 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	8 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	9 <b>9:00 Water Aerobics-No Class</b> 9:30 Pilates Sculpt -Suki  6:00 Lift 45-Janette	10 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	11 <b>8:30 Cycle Sculpt-No Class</b> <b>9:30 Lift 45-No Class</b>
13 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip  6:00 Cardio Sculpt -Jannette	14 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	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  6:00 Cardio Sculpt -Jannette	21 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	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  6:00 Cardio Sculpt -Jannette	28 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	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	31 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					



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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 <b>5:15 Bootcamp-No Class</b>	4 8:30 Bootcamp-
6 <b>5:15 Bootcamp-No Class</b>  6:15 Bootcamp-Dawn	7 5:15 Lower Body Blast-Dori  6:00 Pilates +Yoga- Suki	8 <b>5:15 Bootcamp-No Class</b>  <b>6:15 Bootcamp-No Class</b>	9 <b>5:15 TABATA-No Class</b>	10 <b>5:15 Bootcamp-No Class</b>	11 8:30 Bootcamp-No Class
13 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	14 5:15 Lower Body Blast-Dori  6:00 Pilates +Yoga- Suki	15 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	16 5:15 TABATA-Dori	17 5:15 Bootcamp-Dori	18 8:30 Bootcamp-No Class
20 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	21 5:15 Lower Body Blast-Dori  6:00 Pilates +Yoga- Suki	22 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	23 5:15 TABATA-Dori	24 5:15 Bootcamp-Dori	25 8:30 Bootcamp-No Class
27 <b>5:15 Bootcamp-No Class</b>  <b>6:15 Bootcamp-No Class</b>	28 <b>5:15 Lower Body Blast-No Class</b>  6:00 Pilates +Yoga- Suki	29 <b>5:15 Bootcamp-No Class</b>  <b>6:15 Bootcamp-No Class</b>	30 <b>5:15 TABATA-No Class</b>	31 <b>5:15 Bootcamp-No Class</b>	
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					