

august



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Kim</i>	5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Kim</i>	5:30 AM Sunrise Spin <i>Michelle</i>	8:00 AM Power Hour <i>Emily</i>	8:30 AM Spinning <i>Susan</i>
8:00 AM TRX Circuit <i>Nadine</i>	8:30 AM <i>Wendy</i> Express Abs	9:00 AM Spin & Sculpt <i>Wendy</i>	9:00 AM Tread & Strength <i>Sarah</i>	9:00 AM Raise the Bar <i>Wendy</i>	9:00 AM All Levels Yoga <i>Kendra</i>	Sunday Funday YogaLates w/ Cheryl 8/9 & 8/16_ 9:30 am  Strong Nation w/ Ashleigh 8/23 & 8/30_ 9:00 am
9:00 AM SPINNING <i>Wendy</i>	9:00 AM <i>Wendy</i> Total Strength	9:00 AM Barre Above <i>Donna</i>	9:00 AM Power Yoga <i>Donna</i>	10:00 AM Barre Fit <i>Donna</i>	10:00 AM Dance Tone <i>Dawn</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM <i>Sarah</i> Tread & Strength	10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Senior Circuit <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin		
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>	11:00 AM Pilates Sculpt <i>Kerri W</i>	11:00 AM Moves & Muscles <i>Kerri W</i>	11:00 AM <i>Wendy</i> Chair Yoga		
	10:15 AM <i>Wendy</i> Express Spin			4:00 PM <i>James</i> Bootcamp		
11:00 AM Low Impact <i>Kerri W</i>	11:00 AM Senior Fitness <i>Wendy</i>	4:30 PM Bootcamp <i>James</i>	4:30 PM Body Blend <i>Kerri W</i>	POP-UP CLASSES: Zumba Step Mix w/ Ashleigh- Mondays_ 5:30 pm Yoga Flow w/ Cheryl- Tuesdays_ 5:30 pm Summer Sizzle Bootcamp w/ Kim- Tuesdays & Thursdays_ 5:30 am 		
	5:30 PM Yoga Flow <i>Cheryl</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>				
		6:00 PM Power Hour <i>Emily</i>	5:30 PM Zumba Gold <i>Sue Y</i>			
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