

14 MONDAY	15 TUESDAY	16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY	20 SUNDAY
5:45AM MELISSA 			6:00AM VICKY 			
8:15AM JEN LOW IMPACT 30	8:15AM JEN Kickboxing 30	8:15AM SABRINA 		8:15AM CHRISSY Muscles	8:00AM KATHARINE 	8:00AM JEN SWEAT
8:35AM JEN PILATES 30	8:45AM JEN Muscles 30				9:05AM NIKKI CARDIO CIRCUITS	9:00AM DARREN
9:30AM NIKKI CARDIO CIRCUITS	9:30AM AMBER 	9:30AM LAUREN Muscles	9:30AM JEN SWEAT	9:30AM BRISA Zumba	10:15AM REBECCA 	
10:35 AM JEN Foam Roller Stretch			11:35AM JEN Foam Roller Stretch		11:15AM REBECCA Zumba	
	12:00PM BRISA Zumba	12:00PM SUSAN 	11:00AM REBECCA Zumba			
12:15AM SUSAN 		12:30PM SUSAN 	12:15PM MARTHA 			
4:30PM DARREN 	4:30PM MANDY 	4:30PM JEN MUSCLES				
5:30PM KARLA 	5:30PM MARTHA 	5:30PM DANYL CARDIO DANCE	5:30PM DARREN 			
			6:00PM SABRINA 			
	6:30PM ANNIE 	6:30PM KARLA 	6:30PM LYNN 			



Have you gotten your MyZone fitness belt?
Why wait!?
Start seeing the numbers that come with sweating through your workout!
Ask TODAY!

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM TONY Power Yoga	6:00AM OPEN YOGA			
			8:15 AM JEN S. Pilates		9:15AM BARBARA Yoga Level 2	
9:30AM NIKKI Yoga Level 2		9:30AM NIKKI Yoga Level 2		9:30AM TONY Power Yoga	10:30AM SHEILA Yoga Level 1	10:30AM NIKKI Yoga Level 2
11:00AM SHEILA Gentle/Beg.	11:00AM SHEILA Yoga Level 1	11:00AM NIKKI Gentle/Beg.	11:00AM NIKKI Yoga Level 1	11:00AM MONA Gentle/Beg.		
		12:15PM ANNE Deep Stretch Slow Flow	12:15PM SUSAN Flex/Strength	12:15PM MONA Deep Stretch Slow Flow		2:30 PM BARBARA Gentle/Beg.
						4:00PM LORA Yoga Level 2
6:00PM LORETTA Yoga Level 2	5:30PM BARBARA Warm Flow Vinyasa	6:00PM BARBARA Yoga Level 3	6:00PM JEN J. Yoga Level 2			5:30PM TONY Yoga Level 3

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM JODEE SPIN	5:30AM KARA SPIN	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM MIKE C 	8:05AM LISA B SPIN
9:30AM JEN 		9:30AM JULIE 		8:30AM NIKKI SPIN	9:15AM MARTHA SPIN	
12:15 MARTHA SPIN	12:15PM JEN 	12:15PM CINDY N SPIN	12:15PM JULIE 	12:15PM TIFFANY SPIN		
6:00AM MELISSA SPIN	6:00PM LISA B SPIN	6:00PM MELISSA 				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KIM Water Fitness	8:30AM TERESA Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	
9:45AM ALAN Aqua Rumba	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			