






6/18/2018 MONDAY	6/19/2018 TUESDAY	6/20/2018 WEDNESDAY	6/21/2018 THURSDAY	6/22/2018 FRIDAY	6/23/2018 SATURDAY	6/24/2018 SUNDAY
5:45AM AMY N 			6:00AM VICKY 		8:00AM ANNIE 	8:00AM CHRISSY SWEAT
8:15AM JEN LOW IMPACT	8:15AM CHRISSY Kickboxing 30	8:15AM SABRINA 		8:15AM JEN MUSCLES	9:05AM BRISA STRONG	9:00AM DARREN 
8:45AM JEN PILATES 30	8:45AM CHRISSY Muscles 30					
9:30:00 AM 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 20	12:00PM PAM ZUMBA	12:00 PM SUSAN 	10:35AM JEN FOAM ROLLER 20		11:15AM REBECCA ZUMBA	
		12:30PM SUSAN tone	11:00AM REBECCA ZUMBA			
12:15AM SUSAN 		4:30PM JEN MUSCLES	12:15PM MARTHA 			
4:30PM DARREN 	5:30PM MARTHA 	5:45PM KARLA 	5:30PM DARREN 			
5:30PM KARLA 			6:00PM SABRINA 			
6:30PM CHRIS CARDIO DANCE	6:30PM ANNIE 		6:30PM ANN 			
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			
			8:15AM JEN S. Pilates		9:15AM Barbara 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 Sheila Gentle/Beg.		
		12:15PM ANNE Deep Stretch Slow Flow		12:15PM Anne H. Deep Stretch Slow Flow		2:30 PM Loretta Gentle/Beg.
						4:00PM LORA Yoga Level 2
6:00PM LORETTA Yoga Level 2	6:00PM BARBARA Warm Flow Vinyasa	6:00PM Jen J. Yoga Level 3				
SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA SPIN	5:30AM KARA SPIN	5:45AM KATHY SPIN	6:00AM VICKY SPIN	8:05AM MIKE C 	8:05AM VICKY SPIN
9:30AM JEN SPIN		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 LISA B SPIN		
6:00AM LISA B SPIN	6:00PM LISA B SPIN	6:00PM MARTHA 				
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 TBA Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	
9:45AM ALAN <i>Aqua Toning</i>	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water		3:00-4:00PM CLOSED CLASS	

NEW CLASS!

**FOAM ROLLER 20!
THURS 9:30AM
AFTER SWEAT**

**20min of Foam
Rolling...Absolutely!**