

























8/6 MONDAY	8/7 TUESDAY	8/8 WEDNESDAY	8/9 THURSDAY	8/10 FRIDAY	8/11 SATURDAY	8/12 SUNDAY
5:45AM REBECCA 			6:00AM LYNN 			
8:15AM JEN	8:15AM JEN	8:15AM SABRINA		8:15AM AUDREY	8:00AM DANA	8:00AM JEN
LOW IMPACT 30	Kickboxing 30			<b>Muscles</b>		<b>SWEAT</b>
8:35AM JEN	8:45AM JEN				9:05AM AMBER	9:00AM LYNN
PILATES 30	Muscles 30					
9:30AM NIKKI	9:30AM AMBER	9:30AM LAUREN	9:30AM JEN	9:30AM BRISA	10:15AM LYNN	
CARDIO CIRCUITS		<b>Muscles</b>	<b>SWEAT</b>	Zumba		
					11:15AM DANYL	
					<b>CARDIO DANCE</b>	
	12:00PM BRISA	12:00PM JEN	11:00AM PAM W			
	Zumba	<b>ABS 30</b>	Zumba			
12:15AM LYNN		12:30PM JEN	12:15PM LYNN			
		<b>LOW 30</b>				
4:30PM DARREN		4:30PM JEN	5:30PM DARREN			
		<b>MUSCLES</b>				
5:30PM AMBER	5:30PM MARTHA	5:45PM KARLA	6:00PM SABRINA			
						
6:30PM ANNIE	6:30PM CHRIS		6:30PM ANN			
	<b>CARDIO DANCE</b>		<b>tone</b>			
			7:00PM ANN			
						
<b>MIND/BODY STUDIO</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM	6:00AM			
<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	<b>OPEN YOGA</b>			
			8:15 AM JEN S.		9:15AM BARBARA	
			<b>Pilates</b>		Yoga Level 2	
9:30AM NIKKI				9:30AM TONY	10:30AM SHEILA	10:30AM STEVE
Yoga Level 2				Power Yoga	Yoga Level 1	Yoga Level 2
11:00AM SHEILA	11:00AM SHEILA	11:00AM NIKKI	11:00AM NIKKI	11:00AM SHEILA		
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.		
		12:15PM ANNE H.		12:15PM STEVE		2:30 PM STEVE
		Deep Stretch Slow Flow		Deep Stretch Slow Flow		Gentle/Beg.
						4:00PM LORA
6:00pm Lance						Yoga Level 2
<b>SPECIAL CLASS</b>	6:00PM BARBARA	6:00PM TONY				
<b>Boxing Yoga</b>	Mix Level Flow Vinyasa	Yoga Level 3				
<b>SPIN/RPM STUDIO</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM JODEE	5:30AM KARA	5:45AM JODEE	6:00AM LISA B	8:05AM MIKE C	8:05AM LISA B
	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>		<b>SPIN</b>
9:30AM JEN		9:30AM JULIE		8:30AM LISA B	9:15AM JULIE	
				<b>SPIN</b>	<b>SPIN</b>	
12:15 MARTHA	12:15PM JEN	12:15PM LISA B	12:15PM JULIE	12:15PM TIFFANY		
<b>SPIN</b>		<b>SPIN</b>		<b>SPIN</b>		
6:00AM LISA B	6:00PM JODEE	6:00PM MARTHA				
<b>SPIN</b>	<b>SPIN</b>					
<b>POOL</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM AUDREY	8:30AM TABITHA	8:30AM KIM	8:30AM AUDREY	8:30AM ANNA	9:00AM RITA	
<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	
9:45AM AUDREY	9:45AM TABITHA	9:45-10:30AM	9:45-10:30AM		2:00-3:00PM ALAN	
<b>Gentle Aqua</b>	<b>Gentle Aqua</b>	<b>Open Water</b>	<b>Open Water</b>		<b>Hirsch Class</b>	



**BEGINNING 8/6!**

**NEW LES MILLS PROGRAMMING LAUNCH IN CLASSES!**