

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:15 - 6:00 BODY ATTACK ALL LEVELS TRACY RM.1		5:15 - 6:00 BODY ATTACK ALL LEVELS TRACY RM. 1		5:15 - 6:00 YOGA ALL LEVELS TRACY RM. 1		
				7:30-8:50 INTERVAL LEVEL 2/3 JAN RM. 1	***FITASTIC KIDS*** 8:15-9:00 ALL LEVELS AGES 5-12 JAN	
8:00-9:30 STEP/SCULPT LEVELS 2/3 JAN RM. 1	8:25-9:25 FLOW YOGA LEVEL 2/3 MARLENE C. RM. 2	8:00-9:30 CARDIO SURPRISE LEVELS 2/3 JAN RM. 1	8:25-9:25 FLOW YOGA LEVEL 2/3 MARLENE C. RM. 2	9:00-9:30 CARDIO BOSU ADVANCED SUZANNE RM. 1	8:00 - 9:00 CHISEL SHERRY	
	8:15-9:15 CHISEL LEVELS 2/3 SUZANNE RM. 1		8:15-9:15 CHISEL LEVELS 2/3 ADRIANE RM.1	9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2	9:00 - 10:00	
9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2	9:30-10:30 ZUMBA ALL LEVELS NICOLE RM. 1	9:00-10:00 DANCE EXERCISE ALL LEVELS CAROL RM. 2	9:30-10:30 ZUMBA ALL LEVELS SYLKE RM. 1		7/11 BOOT CAMP - SUZANNE 7/18 CONDITIONING - HEATHER	2:30-3:30 YOGA ALL LEVELS TRACY OR TINA
9:30-10:45 CARDIO/CHISEL ALL LEVELS SUZIE RM. 1	9:30 - 10:30 STEP BY DESIGN ALL LEVELS KARI RM. 2	10:00-11:00 PILATES FUN ALL LEVELS PAM RM. 1	9:30 - 10:30 STEP BY DESIGN ALL LEVELS NICOLE RM. 2	9:30 - 10:30 ZUMBA ALL LEVELS NICOLE RM. 1	7/25 ZUMBA PARTY - NICOLE 9AM - 12PM	
10:00-11:00 PILATES ALL LEVELS PAM RM.2	10:30 - 11:00 FULL BODY SCULPT ALL LEVELS KARI RM. 1		10:35 - 11:05 FULL BODY ALL LEVELS NICOLE RM. 2	10:00-11:00 PILATES ALL LEVELS CAROL RM.2		
	10:45 - 11:00 ABS CLASS ALL LEVELS SUZANNE RM. 2	10:00-10:45 ZUMBA GOLD ALL LEVELS CAROL W. RM.2	10:45 - 11:00 ABS CLASS ALL LEVELS SYLKE RM. 1	10:30 - 11:00 FULL BODY SCULPT ALL LEVELS MARLENE RM. 1		
11:00-12:00 39 & HOLDING LEVEL 1 SUZIE RM. 1	11:15 - 12:15 YOGA LEVEL 1&2 TRACY / JESS RM.1	11:00-12:00 39 & HOLDING LEVEL 1 RONNA RM.1	11:15 - 12:15 ALL ABOUT YOGA LEVEL 1 TINA/TRACY RM. 1	11:00-12:00 39 & HOLDING LEVEL 1 CAROL/SUZIE RM. 1		
	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:00 - 12:00 YOGA FUSION LEVEL 1/2 MARLENE C. RM 2	11:15 - 12:15 LAND ARTHRITIS ALL LEVELS CAROL RM. 2	11:00 - 12:00 YOGA FUSION LEVEL 1/2 MARLENE C. RM 2		
FITASTIC KIDS 4:00-4:45 ALL LEVELS AGES 5-12 TRACY RM. 1		**FITASTIC KIDS** 4:00-4:45 ALL LEVELS AGES 5 - 12 TRACY RM. 2			CPR 9-1 18-Jul REGISTER AT FRONT	
					YGROUP EXERCISE We build strong kids, strong families, strong communities.	
4:30-5:30 STEP BY DESIGN LEVEL 3 KARI / JILL RM. 2	4:30-5:00 WAIST UP ALL LEVELS DONNA RM. 2	4:30-5:30 BOOT CAMP LEVELS 2/3 MARIANNE RM. 1	4:30-5:45 INTERVAL LEVEL 2 DONNA RM.2	4:30-5:45 MEMBER CHOICE ALL LEVEL LORI RM.1		
	5:05 - 5:35 WAIST DOWN ALL LEVELS DONNA RM. 2					
5:00 - 6:00 ZUMBA ALL LEVELS MARLENE C. RM.1	5:15-5:55 ATHLETIC CARDIO LEVEL 2/3 LORI RM. 1	5:00 -5:55 PILATES ALL LEVELS JAN RM. 2	5:15-5:55 CARDIO CONDITIONING LEVEL 2/3 MARIANNE RM. 1			
5:35-6:00 ALL LEGS ALL LEVELS SYLKE/KAREN RM.2		5:35-6:00 CARDIO BOSU ADVANCED SUZANNE RM. 1				
6:05 - 6:30 ALL CORE SYLKE/KAREN RM. 2	6:00-7:00 CHISEL LEVEL 2/3 LORI/ SUZIE RM. 1	6:05 - 7:00 GENTLE YOGA ALL LEVELS TRACY RM. 2	6:00-7:00 CHISEL LEVELS 2/3 BARBARA RM.1	5:30-6:30 YOGA LEVEL 1 RM.2 TINA/TRACY		
6:00-6:55 PILATES LEVEL 2/3 CAROL RM.1						
6:35 INT TO TURBO KICK LEVEL 1 KENDALL RM.2	6:15-7:30 YOGA ALL LEVELS MARLENE G. RM. 2	6:05 - 7:00 ZUMBA ALL LEVELS BRANDI RM. 1	6:15-7:30 YOGA & REFLECTION LEVEL 2/3 MARLENE RM.2			
7:00-8:00 TURBO KICK ALL LEVELS KENDALL RM. 1	7:05-8:05 ZUMBA LEVEL 1/2 SUZIE RM. 1	7:05 - 8:00 KICKBOXING ALL LEVELS BARBARA RM. 1	7:05-8:05 ZUMBA ALL LEVELS BARBARA RM. 1	6:00 - 7:00 ZUMBA ALL LEVELS SYLKE RM. 1 FAMILY ZUMBA 7/24		
	7:30 - 8:15 STEP & SCULPT LEVEL 1/2 ADRIANE RM.2					