

WEEKLY SCHEDULE

group fitness classes

TIME	MONDAY 8/4	TUESDAY 8/5	WEDNESDAY 8/6	THURSDAY 8/7	FRIDAY 8/8	SATURDAY 8/9	SUNDAY 8/10
6:15 AM			CYCLE Denise	CYCLE Denise			
7:15 AM		LIIT Sandy					
7:45 AM	TRX BLAST Denise		TRX BLAST Sandy		CYCLE STRENGTH Kristen	CYCLE Kristen	
9:00 AM	CORE/BALANCE & FLEXIBILITY Sue	CORE/BALANCE & FLEXIBILITY Pandora	ZUMBA Sue	CORE/BALANCE & FLEXIBILITY Sue	STRENGTH CONDITIONING Frank	SPORTS CONDITIONING Kelly	
10:10 AM	CARDIO STRENGTH Pandora	CARDIO STRENGTH Sue	CARDIO STRENGTH Kimberly	STRENGTH CONDITIONING Frank	STRENGTH CONDITIONING Frank	YOGA Nancy	YOGA Dolores
11:15 AM*	GENTLE YOGA Barbara	55+ FITNESS Sue <i>class ends @ 12:00</i>	YOGA Molly	55+ FITNESS Frank	GENTLE YOGA Amy		
12:15 PM		ADVANCED YOGA Amy					
5:30 PM	ADVANCED YOGA Amy	YOGA Heather					
6:45 PM		YIN YOGA Heather <i>class ends @ 7:30</i>					

*11:15 AM CLASS MONDAY- FRIDAY OFFERS A 55+ DROP-IN RATE!

~ANY INSTRUCTOR SUBSTITUTIONS WILL BE POSTED AS SOON AS POSSIBLE~