

August—2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO ONE						
BodyPump Lynna 5:30-6:30am	Triple Threat Training Rotating Instr. 5:30-6:30am		Triple Threat Training Brenda 5:30-6:30am			
BodyPump Karol 8:30-9:30am	Straight Up Strength Brenda 8:30-9:15am	BodyPump Exp Lynna 8:30-9:00am	Straight Up Strength Kim H. 8:30-9:30am	BodyPump Karen 8:30-9:30am	BodyPump Karol 8:30-9:30am	
		CXWORX Lynna 9:00-9:30am				
		Dance & Tone Ashley F. 9:45-10:30am		HIIT Brenda 9:45-10:45am	Dance & Tone Ashley F. 9:45-10:30am	
Dance Fusion Stacy 11:00-11:45am	Dance & Tone Renata 11:00-11:45am		Fit Barre Stacy 11:00-11:45am	Dance Fusion Stacy 11:00-11:45am		
BODYFIT Circuit Training Kelly 4:30-5:30pm	Dance & Tone Ashley F. 4:30-5:15pm					Dance Fusion Renata 2:00-2:45
	BodyPump Karol 5:30-6:30pm	HIIT Brenda 5:30-6:30pm	BodyPump Kristen 5:30-6:30pm			
STUDIO TWO						
Pilates with Props Cathy 9:00-10:00am	Yoga/Pilates Fusion Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am		
Yoga Cathy 10:00-11:00am	Yoga Back Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga/Pilates Fusion Jenny 10:00-11:00am	
Yoga Jenny 6:00-7:00pm	Yoga/Pilates Fusion Helen 6:00-7:00pm		Yoga/Pilates Fusion Jenny 5:30-6:30pm			
OPEN STUDIO						
Cardio & Core Brenda 8:30-9:30am	TONE By LesMills™ JoAnn 9:00-9:45am		TONE By LesMills™ JoAnn 9:00-9:45am	Cardio & Tone Jo-Ann 9:15-10:00am		
SAIL Kim K. 10:15-11:00am	Chair Yoga Jo-Ann 10:15-11:00am	SAIL Cathy 10:15-11:00am		SAIL Jo-Ann 10:15-11:00am		
C.A.R.E. Cathy 11:15-12:15pm		C.A.R.E. Cathy 11:15-12:15pm				
		ABS with Brenda 5:15-5:30pm				
	Hoop Class Ann 6:00-7:00pm		Hoop Class Ann 6:00-7:00pm			

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SPINNING

		Spinning Kelly 5:30-6:30am		Spinning Kristen 5:30-6:30am		
	Spinning Kim H. 8:30-9:30am		Spinning Karen 8:30-9:15am			
Spinning Kim H. 9:30-10:15am		Spinning Karen 9:30-10:15am		Spinning Kim H. 9:30-10:30am	Spinning Ray 8:30-9:15am	
	Spinning Kristen 4:30-5:15pm		Spinning Karol 4:30-5:15pm			Spinning Rotating Instr. 2:00-2:45pm
Spinning Kelly 5:30-6:15pm						

GYMNASIUM - Court A

TRX Lisa 8:30-9:30am Starting 8/13	Power Hour Ashley 8:30-9:30am Starting 8/14	TRX Lisa 8:30-9:30am Starting 8/8	Power Hour Ashley 8:30-9:30am Starting 8/16			
	Power Hour Ashley 9:45-10:45am		Power Hour Ashley 9:45-10:45am		Circuit Training Rotating Instr. 9:45-10:45am	
TRAINING Jenny 5:00-5:45pm Fitness Floor			TRX/Kettlebell 4:30-5:15pm Jenny Starting 8/9			

AQUATICS

In TOO Deep Renata 7:30-8:00am				In TOO Deep Jo-Ann 7:30-8:00am		
Water Aerobics Renata 8:00-8:45am	Aqua Challenge Lisa 8:00-8:45am	Water Aerobics Renata 8:00-8:45am	Water Aerobics Renata 8:00-8:45am	Water Aerobics Jo-Ann 8:00-8:45am		
					Water Aerobics Johnice/Kim 8:30-9:15am	
Gentle Aqua Renata 9:00-9:45am	Gentle Aqua Kim K. 9:00-9:45am	Gentle Aqua Renata 9:00-9:45am	Gentle Aqua Renata 9:00-9:45am			
	Aqua Restore JoAnn 12:00-12:45pm		Aqua Restore JoAnn 12:00-12:45pm			
Water Aerobics Renata 5:45-6:30pm	Splashdown! Helen 5:00-5:45pm		Aqua Barre Kim K. 5:45-6:30pm			