

June 12th- 18th



Do you have our app?

12-Jun MONDAY	13-Jun TUESDAY	14-Jun WEDNESDAY	15-Jun THURSDAY	16-Jun FRIDAY	17-Jun SATURDAY	18-Jun SUNDAY
5:45AM Rebecca 			6:00AM Vicky 			8:00AM Chrissy SWEAT
8:15AM Jen	8:15AM Chrissy	8:15AM Sabrina		8:15AM Jen	8:00 AM Annie 	9:00AM Darren
Low Impact 30	Cardio Kickboxing 30			Muscles		
8:145AM Jen	8:45Am Chrissy				9:00AM Karen 	
Pilates Strength	Muscles 30				10:05AM Martha 	
9:30AM Nikki CARDIO CIRCUITS	9:30AM Amber 	9:30AM Chrissy MUSCLES	9:30AM Jen SWEAT	9:30AM Katharine SWEAT		
10:35AM Jen Foam Roller and Stretch 25			11:00AM Rebecca Zumba Gold		11:10AM Rebecca ZUMBA	
12:15PM Martha 	12:00PM Brisa ZUMBA	12:00PM Susan 	12:15PM Jen Muscles			
		12:30PM Susan 	4:30 PM Mandy 			
4:30PM Darren 	SWEAT	4:30PM Jen MUSCLES	5:30PM Chrissy Abs 30			
5:30PM Amber 	5:30PM Rebecca 	5:30PM Karen 	6:00PM Chrissy Free-style step 30			
	6:30PM Annie 	6:30PM Karla 	6:30pm Ann 			

MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Open Yoga	6:00AM Open Yoga	6:00AM Ward Power Yoga	6:00AM Open Yoga	6:00AM Ward Open Yoga		
			8:15AM Jen S Pilates		9:15AM Donna Begin/Interm Yoga	
9:45AM Nikki Begin/Interm Yoga				9:30AM Anne Interm/Power Yoga	10:30AM Donna Gentle/Begin Yoga	10:30AM Steve Begin/Interm Yoga
11AM Sheila Gentle Yoga	11AM Sheila Gentle/Begin Yoga	11AM Nikki Gentle Yoga	11AM Nikki Gentle/Begin Yoga	11AM Anne Gentle Yoga		
		12:15PM Anne Deep Stretch Slow Flow		12:15PM Margee Deep Stretch Slow Flow		
						4:00PM Lora Begin/Interm Yoga
6:00PM Loretta Begin/Interm Yoga		6:00PM Steve Intermediate Yoga	6:00PM Margee Begin/Interm Yoga			

SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM Kara SPIN	5:30AM Lisa B SPIN	5:45AM Kathy SPIN	6:00AM Vicky SPIN	8:05AM Lisa B SPIN	8:05AM Cindy N SPIN
9:30AM Jen 		9:30AM Julie 		8:30AM Cindy N SPIN	9:15AM Andrew SPIN	
12:15PM Tiffany SPIN	12:15PM Martha 	12:15PM Mary Beth SPIN	12:15PM Margee 			
				12:15PM Tiffany SPIN		
6:00PM Lisa B SPIN	6:00PM Andrew SPIN	6:00 PM Jodee SPIN				

AQUA CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Teresa Water Fitness	8:30AM Tabitha Water Fitness	8:30AM Katie Water Fitness	8:30AM Alyssa Water Fitness	8:30AM Anna Water Fitness	9:00AM Rita Water Fitness	
	9:45AM Katie		9:45AM Alyssa			