

June 19th-24th



Do you have our app?

19-Jun MONDAY	20-Jun TUESDAY	21-Jun WEDNESDAY	22-Jun THURSDAY	23-Jun FRIDAY	24-Jun SATURDAY	25-Jun SUNDAY
5:45AM Rebecca 			6:00AM Vicky 		8:00AM Katherine Free-style step	8:00AM Jen <b>SWEAT</b>
8:15AM Jen <b>MUSCLES</b>	8:15AM Chrissy Kickboxing Circuits	8:15AM Sabrina 		8:15AM Jen <b>Muscles</b>	9:00AM Amber 	9:00AM Darren 
9:30AM Nikki <b>CARDIO CIRCUITS</b>	9:30AM Amber 	9:30AM Lauren <b>MUSCLES</b>	9:30AM Katherine <b>SWEAT</b>	9:30AM Brisa <b>ZUMBA</b>	10:05AM Amber 	
10:35AM Jen Foam Roller and Stretch 25			11:00AM Rebecca <b>Zumba Gold</b>		11:10AM Brisa <b>ZUMBA</b>	
12:15PM Susan 	12:00PM Brisa <b>ZUMBA</b>	12:00PM Susan 	12:15PM Rebecca 			
4:30PM Darren 		12:30PM Susan 	4:30PM Mandy 			
5:30PM Amber 	5:30PM Martha 	4:30PM Jen <b>MUSCLES</b>	5:30PM Darren 			
		5:30 PM Chrissy <b>CIRCUITS</b>	6:00PM Sabrina 			
	6:30PM Annie 	6:30PM Karla 	6:30PM Ann  7:00PM 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		
			8:15AM Jen Yoga Core		9:15AM Steve Begin/Interm Yoga	
9:45AM Nikki Begin/Interm Yoga				9:30AM Anne Power Yoga	10:30AM Lora 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 Jen J 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 Tony Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM Kara <b>SPIN</b>	5:30AM Mike C <b>SPIN</b>	5:45AM Jodee <b>SPIN</b>	6:00AM Martha <b>SPIN</b>	8:05AM Martha 	8:05AM Vicky <b>SPIN</b>
9:30AM Jen 		9:30AM Julie 		8:30AM Nikki <b>SPIN</b>	9:15AM Lisa B <b>SPIN</b>	
12:15PM Martha <b>SPIN</b>	12:15PM Jen 	12:15PM Cindy N <b>SPIN</b>	12:15PM Julie 			
				12:15PM Lisa B <b>SPIN</b>		
6:00PM Lisa B <b>SPIN</b>	6:00PM Andrew <b>SPIN</b>	6:00 PM Martha 				

AQUA CLASSES

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

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