

June 5th-11th



Do you have our app?

5-Jun MONDAY	6-Jun TUESDAY	7-Jun WEDNESDAY	8-Jun THURSDAY	9-Jun FRIDAY	10-Jun SATURDAY	11-Jun SUNDAY
5:45AM Melissa 			6:00AM Rebecca 			8:00AM Karen
8:15AM Jen	8:15AM Chrissy	8:15AM Sabrina		8:15AM Jen	8:00 AM Katharine	9:00AM Darren
Low Impact 30	Kickboxing Cardio 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 Lauren MUSCLES	9:30AM Jen SWEAT	9:30AM Brisa ZUMBA		
10:35AM Jen Foam Roller and Stretch 25			11:00AM Rebecca Zumba Gold		11:10AM Rebecca ZUMBA	
12:15PM Martha 		12:00PM Jen ABS 30	12:15 PM Martha 		New class 4:30 Thursday Body Combat	
	12:00PM Brisa ZUMBA	12:30PM Jen Low Impact 30	4:30 PM Mandy 			
4:30PM Darren 		4:30PM Jen MUSCLES	5:30PM Darren 			
5:30PM Amber 	5:30PM Rebecca 	5:30PM Karen 	6:00PM Sabrina 			
	6:30PM Karen 	6:30PM Karen Country Heat	6:30 PM Amber 			

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 Jen J Begin/Interm Yoga	
9:45AM Nikki Begin/Interm Yoga				9:30AM Anne Interm/Power Yoga	10:30AM Steve 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 Mona Gentle Yoga		
		12:15PM Anne Deep Stretch Slow Flow		12:15PM Jen J Deep Stretch Slow Flow		
						4:00PM Lora Begin/Interm Yoga
6pm Loretta Beg/Intermed		6:00PM Steve Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			

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

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			