

July 10th-16th



336.478.2660

7/10/2017 MONDAY	7/11/2017 TUESDAY	7/12/2017 WEDNESDAY	7/13/2017 THURSDAY	7/14/2017 FRIDAY	7/15/2017 SATURDAY	7/16/2017 SUNDAY
5:45AM MELISSA 			6:00AM VICKY 		8:00AM KATHERINE 	8:00AM JEN LOW IMPACT/SCULPT
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA 		8:15AM JEN	9:00AM JEN	9:00AM REBECCA
Low Impact 30	Kickboxing 30			Muscles	SWEAT	
8:45AM JEN	8:45AM CHRISSY					
Pilates 30	Muscles 30					
NIKKI	9:30AM AMBER 	9:30AM CHRISSY	9:30AM JEN	9:30AM CHRIS	10:05AM MARTHA 	
CARDIO CIRCUITS		Muscles	SWEAT	POUND		
10:35AM JEN	12:00PM CHRISSY	12:00PM SUSAN	11:00AM REBECCA		11:10AM REBECCA	
Foam Roller & Stretch	HIP HOP Cardio		Zumba Gold		Zumba	
12:15PM SUSAN		12:30PM SUSAN	12:15PM MARTHA			
4:30PM DARREN		4:30PM JEN	4:30PM MANDY			
		Muscles				
5:30PM AMBER	5:30PM REBECCA	5:30PM CHRISSY	5:30PM DARREN			
		CIRCUITS				
			6:00PM SABRINA			
	6:30PM ANNIE	6:30PM LAUREN	6:30PM ANN			
		ZUMBA				
			7:00PM ANN			
MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM	6:00AM			
OPEN YOGA	OPEN YOGA	OPEN YOGA	OPEN YOGA			
			8:15AM JEN		9:15AM LORA	
			Pilates		Begin/Interm Yoga	
9:45AM NIKKI				9:30AM TONY	10:30AM SHEILA	10:30AM STEVE
Begin/Interm Yoga				Power Yoga	Gentle/Begin Yoga	Begin/Interm Yoga
11:00AM SHEILA	11:00AM SHEILA	11:00AM NIKKI	11:00AM NIKKI	11:00AM MARGEE		
Gentle Yoga	Gentle/Begin Yoga	Gentle Yoga	Gentle/Begin Yoga	Gentle Yoga		
		12:15PM BARBARA		12:15PM MARGEE		
		Deep Stretch Slow Flow		Deep Stretch Slow Flow		
						4:00PM LORA
						Begin/Interm Yoga
6:00PM LORETTA		6:00PM Steve	6:00PM MARGEE			
Begin/Interm Yoga		Intermediate Yoga	Begin/Interm Yoga			
SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA	5:30AM MIKE C.	5:45AM KATHY	6:00AM VICKY	8:05AM MIKE C	8:05AM VICKY
	SPIN	SPIN	SPIN	SPIN		SPIN
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM JODEE	
				SPIN	SPIN	
12:15PM KATHY	12:15PM MARTHA	12:15PM MARYBETH	12:15PM MARGEE			
SPIN		SPIN				
				12:15PM LISA B		
				SPIN		
6:00PM LISA B.	6:00PM ANDREW	6:00PM JODEE				
SPIN	SPIN	SPIN				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM KATIE	8:30AM ALYSSA	8:30AM ANNA	9:00AM RITA	
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
	9:45AM KATIE		9:45AM ALYSSA			
	Gentle Aqua		Gentle Aqua			

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