



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
<h1>August</h1>			LOCATION: A- Studio A B- Studio B C- Studio C F- Functional Area T- Track		1 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Shelby A 4:30p Bootcamp Timothy A 5:30 Step and Sculpt John		2 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Margree C 8:15a Wheel Results Alex A 9:00a Yoga Stretch Tanya A 10:00a Barre-lates Elizabeth A 5:00p Jungle Body Angel		3 A 7:45a Saturday Strong Rachel C 9:00a Cycle Phillip A 10:00a Yoga Rania		
					PRE-BOOK YOUR CLASSES IN THE APP OR SEE THE FRONT DESK TO RESERVE YOUR SPOT IN CLASS!		NEW CLASS- STEP & SCULPT AT 5:30P!				
4 A 2:00p Yoga Tanya C 3:00p Cycle Phillip		5 T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie F 5:00p Power Hour John A 5:30p Cycle Alex		6 No 12p Bike and Bells A 5:30a Barre Jodie A 8:30a Cardio Circuit Tanya B 9:00a All Levels Yoga Rebecca A 9:30a Hip Hop Hustle/Pound Jodie A 10:45a Stretch & Strengthen Mel B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		7 A 5:30a Power Hour Katie T 6:30a TRX Jodie A 8:00a Tai Chi Robert B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Alex A 5:00p ZUMBA Angel		8 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30 Step and Sculpt John		9 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Lisa C 8:15a Wheel Results Mel B 9:00a All Levels Yoga Lisa A 10:00a Barre-lates Elizabeth A 5:00p Jungle Body Angel	
BRAIN PUMP NOW ON MONDAYS AT 4:15P!  Scan the QR Code to register your child for Brain Pump!		HIP HOP HUSTLE & PUND at 9:30a!		Heart Health Education 5:30p							
11 A 2:00p Yoga Tanya C 3:00p Cycle Dana		12 T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie F 5:00p Power Hour John A 5:30p Cycle Alex		13 A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		14 A 5:30a Power Hour Elizabeth T 6:30a TRX Jodie A 8:00a Tai Chi Robert A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Katie A 6:00p ZUMBA® Angel		15 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30 Step and Sculpt John		16 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Lisa C 8:15a Wheel Results Mel B 9:00a All Levels Yoga Lisa A 10:00a Barre-lates Elizabeth A 5:00p Jungle Body Angel	
18 A 2:00p Yoga Margree C 3:00p Cycle Katie		19 T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Jodie A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie F 5:00p Power Hour John A 5:30p Cycle Jamie W.		20 No 5:30p Cardio Blast A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy		21 No Diabetes Edu & No 6p Zumba A 5:30a Power Hour Katie T 6:30a TRX Jodie A 8:00a Tai Chi Robert B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Katie		22 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30 Step and Sculpt John		23 No 5p Jungle Body T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Margree C 8:15a Wheel Results Mel B 9:00a All Levels Yoga Lisa A 10:00a Barre-lates Elizabeth	
5p Power Hour (60 minutes) 5:30p Cycle (45 minutes)		Smoking Cessation Open Group 5:30p		 SATURDAY STRONG							
25 A 2:00p Yoga Lisa C 3:00p Cycle Phillip		26 T 5:30a Track Intervals Rachel T 6:30a TRX Jodie A 8:00a HIIT Circuit Shelby B 8:45a All Levels Yoga Margree A 9:00a Yoga Stretch Lisa A 10:30a SilverSneakers@Classic Sam A 12p Bootcamp Jamie F 5:00p Power Hour John A 5:30p Cycle Jamie W.		27 A 5:30a Barre Jodie A 8:30a Cardio Circuit Dana B 9:00a All Levels Yoga Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bike and Bells Dana B 4:30p Yoga Stretch Tanya A 4:45p Bootcamp Timothy A 5:30p Cardio Blast Angel		28 A 5:30a Power Hour Katie T 6:30a TRX Jodie A 8:00a Tai Chi Robert B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Wanda A 6:00p ZUMBA® Angel		29 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30 Step and Sculpt John		30 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Margree C 8:15a Wheel Results Mel B 9:00a All Levels Yoga Lisa A 10:00a Barre-lates Elizabeth A 5:00p Jungle Body Angel	
SUNDAY SPIN? COUNT ME IN!		28 A 5:30a Power Hour Katie T 6:30a TRX Jodie A 8:00a Tai Chi Robert B 8:00a Slow Flow Lisa A 9:00a Yoga Stretch Lisa B 10:30a SilverSneakers@Yoga Tanya A 12p Bootcamp Anthony F 4:30p Power Hour Wanda A 6:00p ZUMBA® Angel		29 C 5:30a Fast and Furious Teresa A 8:00a Pilates Jodie C 8:15a Cycle Dana B 9:00a Dynamic Flow Rebecca A 9:30a ZUMBA GOLD® Dana A 10:45a Stretch & Strengthen Mel A 12p Bootcamp Jamie A 4:30p Bootcamp Timothy A 5:30 Step and Sculpt John		30 T 5:15a TRX Plus Kay T 6:30a TRX 101 Kay A 8:00a Slow Flow Yoga Margree C 8:15a Wheel Results Mel B 9:00a All Levels Yoga Lisa A 10:00a Barre-lates Elizabeth A 5:00p Jungle Body Angel		31 No 10a Yoga A 7:45a Saturday Rachel C 9:00a Cycle Phillip			
Nutrition for Healthy Living Class 5:30p											