


**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**



**NO CLASSES**  
WELLNESS CENTER WILL BE OPEN  
NORMAL BUSINESS HOURS  
1P-6P

**2 LABOR DAY 7A-12P**

**PRE-BOOK YOUR CLASSES IN THE APP OR SEE THE FRONT DESK TO RESERVE YOUR SPOT IN CLASS!**

<b>3</b>	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	John

<b>4</b>	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
	A 10:30a SilverSneakers®Yoga	Tanya
	A 12p Bootcamp	Anthony
	F 4:30p Power Hour	Katie
	A 6:00p ZUMBA®	Angel

<b>5</b>	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

**Heart Health Education**  
5:30p

<b>6</b>	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
	A 9:00a All Levels Yoga	Lisa
	A 10:00a Barre-lates	Elizabeth
	A 5:00p Jungle Body	Angel

**7**

A 7:45a Saturday Strong Rachel  
C 9:00a Cycle Phillip  
A 10:00a Yin Yoga Lisa

**YIN YOGA**  
Slow-paced style of yoga with postures that are held for longer periods of time than in other yoga styles.

<b>8</b>	A 2:00p Yoga	Tanya
	C 3:00p Cycle	Phillip

<b>9</b>	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
	B 10:00 Basics of Tai Chi	Robert
	A 10:30a SilverSneakers®Classic	Sam
	A 12p Bootcamp	Jamie C.
	F 5:00p Power Hour	John
	C 5:30p Cycle	Jamie W.

**5p Power Hour (60 minutes)**  
**5:30p Cycle (45 minutes)**

<b>10</b>	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

<b>11</b>	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
	A 10:30a SilverSneakers®Yoga	Tanya
	A 12p Bootcamp	Anthony
	F 4:30p Power Hour	Katie
	A 6:00p ZUMBA®	Angel

<b>12</b>	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	Timothy
	A 12p Bootcamp	Jamie
	A 4:30p Bootcamp	Timothy
	A 5:30 Step and Sculpt	John

*fast & furious*  
start your day off with Teresa at 5:30a Cycle

<b>13</b>	T 5:15a TRX Plus	Kay
	T 6:30a TRX 101	Kay
	A 8:00a Slow Flow Yoga	Lisa
	C 8:15a Wheel Results	John
	A 9:00a All Levels Yoga	Lisa
	A 10:00a Barre-lates	Elizabeth
	A 5:00p Jungle Body	Angel

<b>14</b>	A 7:45a Saturday Strong	Rachel
	C 9:00a Cycle	Wanda
	A 10:00a Yoga	Margree

<b>15</b>	A 2:00p Yoga Nidra	Lisa
	C 3:00p Cycle	Jamie W.


<b>16</b>	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
	B 10:00 Basics of Tai Chi	Robert
	A 10:30a SilverSneakers®Classic	Sam
	A 12p Bootcamp	Jamie C.
	F 5:00p Power Hour	John
	C 5:30p Cycle	Jamie W.

<b>17</b>	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

**Smoking Cessation Open Group**  
5:30p

<b>18</b>	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
	A 10:30a SilverSneakers®Yoga	Tanya
	A 12p Bootcamp	Anthony
	F 4:30p Power Hour	Katie
	A 6:00p ZUMBA®	Angel

**Diabetes Education Class**  
12:15p



<b>19</b>	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

**20 BIRTHDAY FREE CLASSES**

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
A 9:00a All Levels Yoga	Lisa
A 10:00a Barre-lates	Elizabeth
A 11:30a Birthday Mash Up POUND/HIIT/STEP	Jodie, Jamie & Mel
A 5:00p Jungle Body	Angel

**90 minute birthday mash up!**  
Join Jodie, Jamie & Mel for a 30/30/30 format!

<b>21</b>	A 7:45a Saturday Strong	Rachel
	C 9:00a Cycle	Wanda
	A 10:00a Yoga	Tanya

**SUNDAY SPIN?**  
COUNT ME IN!

<b>22</b>	A 2:00p Yoga	Margree
	C 3:00p Cycle	Jamie W.

<b>23</b>	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
	B 10:00 Basics of Tai Chi	Robert
	A 10:30a SilverSneakers®Classic	Sam
	A 12p Bootcamp	Jamie C.
	F 5:00p Power Hour	John
	C 5:30p Cycle	Jamie W.

<b>24</b>	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


**Cardio Blast**  
with Angel at 5:30p

<b>25</b>	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
	A 10:30a SilverSneakers®Yoga	Tanya
	A 12p Bootcamp	Anthony
	F 4:30p Power Hour	Katie
	A 6:00p ZUMBA®	Angel

<b>26</b>	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

**Nutrition for Healthy Living Class**  
5:30p

<b>27</b>	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
	A 9:00a All Levels Yoga	Lisa
	A 10:00a Barre-lates	Elizabeth
	A 5:00p Jungle Body	Angel



**SATURDAY STRONG**

<b>29</b>	A 2:00p Yoga	Tanya
	C 3:00p Cycle	Phillip

<b>30 No 12p Bootcamp</b>	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
	B 10:00 Basics of Tai Chi	Robert
	A 10:30a SilverSneakers®Classic	Sam
	F 5:00p Power Hour	John
	C 5:30p Cycle	Jamie W.

**EFFECTIVE 9/1/2024**  
A fee of \$5 will be charged to your account if you do not attend a class you've registered for or fail to cancel your reservation within **TWO** hours prior to the class start time.

**LOCATION:**  
A- Studio A  
B- Studio B  
C- Studio C  
F- Functional Area  
T- Track

*September*

