



Bolded Classes indicate a new class, new class time or new instructor!!!

Mon	Tue	Wed	Thu	Fri	Sat
1 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-No Class 6:30 Synergy-Rachel	2 8:00 Water Aerobics-Tyler 6:00 Zumba-Bonnie 7:10 Wellness Warrior-Cal	3 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	4 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan 6:30 Synergy-No Class	5 9:00 BootyCamp-Janette 10:15 Chip Fit-No Class	6 9:00 Lift 45-Janette
8 10:15 Chip Fit-No Class 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	9 8:00 Water Aerobics-Tyler 6:00 Zumba-Bonnie 7:10 Wellness Warrior-Cal	10 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	11 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan 6:30 Synergy-Rachel	12 9:00 BootyCamp-No Class 10:15 Chip Fit-Chip	13 9:00 Lift 45-Janette
15 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	16 8:00 Water Aerobics-Tyler 6:00 Zumba-Bonnie 7:10 Wellness Warrior-Cal	17 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	18 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-No Class 6:30 Synergy-Rachel	19 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	20 9:00 Lift 45-Janette
22 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-No Class 6:30 Synergy-Rachel	23 8:00 Water Aerobics-Tyler 6:00 Zumba-Bonnie 7:10 Wellness Warrior-Cal	24 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	25 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan 6:30 Synergy-Rachel	26 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	27 9:00 Lift 45-Janette
29 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-No Class 6:30 Synergy-Rachel	30 8:00 Water Aerobics-Tyler 6:00 Zumba-Bonnie 7:10 Wellness Warrior-Cal	31 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
1 5:15 Bootcamp-No Class 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	2 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	3 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	4 5:15 TABATA-Dori 6:15 Wellness Warrior-No Class	5 5:15 Bootcamp-Dori 9:15 Wellness Warrior-No Class	6 8:30 Bootcamp-Dawn
8 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	9 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	10 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	11 5:15 TABATA-Dori 6:15 Wellness Warrior-Cal	12 5:15 Bootcamp-Dori 9:15 Wellness Warrior-Cal	13 8:30 Bootcamp-Dawn
15 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	16 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -No Class	17 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	18 5:15 TABATA-Dori 6:15 Wellness Warrior-Cal	19 5:15 Bootcamp-Dori 9:15 Wellness Warrior-Cal	20 8:30 Bootcamp-Dawn
22 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	23 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	24 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	25 5:15 TABATA-Dori 6:15 Wellness Warrior-Cal	26 5:15 Bootcamp-Dori 9:15 Wellness Warrior-Cal	27 8:30 Bootcamp-Dawn
29 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan 6:15 Bootcamp-Dawn	30 5:15 Lower Body Blast-Dori 6:30 Level 1 Yoga -Morgan	31 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn			
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