



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

Mon	Tue	Wed	Thu	Fri	Sat
				1 10:15 Chip Fit-Chip	2 9:00 Lift 45-Janette
4 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 5:30 Lift 45-Janette 6:30 Synergy-Rachel	5 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette 6:00 Zumba-Bonnie	6 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	7 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 5:30 Booty Camp-Janette 6:30 Whine Down-Suki	8 10:15 Chip Fit-Chip	9 9:00 Lift 45-Janette
11 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 5:30 Lift 45-Janette 6:30 Synergy-No Class	12 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette 6:00 Zumba-Bonnie	13 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	14 9:30 Water Aerobics-No Class 9:30 Turn Up & Tune Up-Suki 5:30 Booty Camp-Janette 6:30 Whine Down-Suki	15 10:15 Chip Fit-Chip	16 9:00 Lift 45-Janette
18 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 5:30 Lift 45-Janette 6:30 Synergy-No Class	19 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette 6:00 Zumba-Bonnie	20 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	21 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 5:30 Booty Camp-Janette 6:30 Whine Down-Suki	22 10:15 Chip Fit-Chip	23 9:00 Lift 45-Janette
25 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 5:30 Lift 45-Janette 6:30 Synergy-Rachel	26 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette 6:00 Zumba-Bonnie	27 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-No Class	28 Closed for Thanksgiving	29 10:15 Chip Fit-Chip	30 9:00 Lift 45-Janette
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-Suki	2 8:30 Bootcamp-Dawn
4 5:15 Bootcamp-No Class 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	5 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	6 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	7 5:15 TABATA-Dori	8 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-No Class	9 8:30 Bootcamp-Dawn
11 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	12 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	13 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	14 5:15 TABATA-Dori	15 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-Suki	16 8:30 Bootcamp-Dawn
18 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	19 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	20 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	21 5:15 TABATA-Dori	22 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-Suki	23 8:30 Bootcamp-Dawn
25 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	26 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	27 5:15 Bootcamp-Dori 6:15 Bootcamp-No Class	28 Closed for Thanksgiving	29 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-Suki	30 8:30 Bootcamp-Dawn
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					