



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

Mon	Tue	Wed	Thu	Fri	Sat
2 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip  5:30 Lift 45-Janette 6:30 Synergy-Rachel	3 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette  6:00 Zumba-Bonnie	4 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	5 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki  5:30 Booty Camp-Janette 6:30 Whine Down-Suki	6 10:15 Chip Fit-Chip	7 9:00 Lift 45-Janette
9 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip  5:30 Lift 45-Janette 6:30 Synergy-Rachel	10 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette  6:00 Zumba-Bonnie	11 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	12 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki  <b>5:30 Booty Camp-No Class</b> <b>6:30 Whine Down-No Class</b>	13 10:15 Chip Fit-Chip	14 9:00 Lift 45-Janette
16 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip  5:30 Lift 45-Janette 6:30 Synergy-Rachel	17 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette  6:00 Zumba-Bonnie	18 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	19 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki  5:30 Booty Camp-Janette 6:30 Whine Down-Suki	20 10:15 Chip Fit-Chip	21 <b>9:00 Lift 45-No Class</b>
23 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip  5:30 Lift 45-Janette 6:30 Synergy-Rachel	24 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette  <b>6:00 Zumba-No Class</b>	25 <b>Closed for Christmas!</b>	26 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki  <b>5:30 Booty Camp-No Class</b> <b>6:30 Whine Down-No Class</b>	27 10:15 Chip Fit-Chip	28 9:00 Lift 45-Janette
30 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip  5:30 Lift 45-Janette 6:30 Synergy-Rachel	31 9:30 Water Aerobics-Tyler 9:00 Core & Stretch-Janette  <b>6:00 Zumba-No Class</b>				
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					



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

Mon	Tue	Wed	Thu	Fri	Sat
2 5:15 Bootcamp-Dori 9:30 Yoga- Morgan  6:15 Bootcamp-Dawn	3 5:15 Lower Body Blast-Dori  6:30 Strech & Flow-Suki	4 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	5 5:15 TABATA-Dori	6 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-Suki	7 8:30 Bootcamp-Dawn
9 5:15 Bootcamp-Dori 9:30 Yoga- Morgan  6:15 Bootcamp-Dawn	10 5:15 Lower Body Blast-Dori  6:30 Strech & Flow-Suki	11 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	12 5:15 TABATA-Dori	13 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-No Class	14 8:30 Bootcamp-Dawn
16 5:15 Bootcamp-Dori 9:30 Yoga- Morgan  6:15 Bootcamp-Dawn	17 5:15 Lower Body Blast-Dori  6:30 Strech & Flow-Suki	18 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	19 5:15 TABATA-Dori	20 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-Suki	21 8:30 Bootcamp-Dawn
23 5:15 Bootcamp-Dori 9:30 Yoga- Morgan  6:15 Bootcamp-Dawn	24 5:15 Lower Body Blast-Dori  6:30 Strech & Flow-No Class	25 <b>Closed for Christmas!</b>	26 5:15 TABATA-Dori	27 5:15 Bootcamp-Dori 9:30 Turn Up & Tune Up-Suki	28 8:30 Bootcamp-Dawn
30 5:15 Bootcamp-Dori 9:30 Yoga- Morgan  6:15 Bootcamp-Dawn	31 5:15 Lower Body Blast-Dori  6:30 Strech & Flow-No Class				
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					