



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

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---------------------------------|---|--|--|------------------------------------|
| | | | | | 1 9:00 Lift 45-Janette |
| 3 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 4 6:00 Zumba-Bonnie | 5 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie | 6 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki | 7 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip | 8 9:00 Lift 45-No Class |
| 10 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 11 6:00 Zumba-Bonnie | 12 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie | 13 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki | 14 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip | 15 9:00 Lift 45-Janette |
| 17 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 18 6:00 Zumba-Bonnie | 19 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie | 20 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki | 21 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip | 22 9:00 Lift 45-No Class |
| 24 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 25 6:00 Zumba-Bonnie | 26 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie | 27 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki | 28 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip | |
| ** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP ** | | | | | |



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| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|-------------------------------------|
| | | | | | 1 8:30 Bootcamp-Dawn |
| 3 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn | 4 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-No Class | 5 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn | 6 5:15 TABATA-Dori 6:30 Whine Down-Suki | 7 5:15 Bootcamp-Dori 9:00 Lift 45-No Class 10:00 CBS-No Class | 8 8:30 Bootcamp-Dawn |
| 10 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn | 11 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki | 12 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn | 13 5:15 TABATA-Dori 6:30 Whine Down-Suki | 14 5:15 Bootcamp-Dori 9:00 Lift 45-Janette 10:00 CBS- Janette | 15 8:30 Bootcamp-Dawn |
| 17 5:15 Bootcamp-No Class 9:30 Yoga- Morgan 6:15 Bootcamp-No Class | 18 5:15 Lower Body Blast-No Class 6:30 Strech & Flow-Suki | 19 5:15 Bootcamp-No Class 6:15 Bootcamp-No Class | 20 5:15 TABATA-No Class 6:30 Whine Down-Suki | 21 5:15 Bootcamp-No Class 9:00 Lift 45- Janette 10:00 CBS- Janette | 22 8:30 Bootcamp-No Class |
| 24 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn | 25 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki | 26 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn | 27 5:15 TABATA-Dori 6:30 Whine Down-Suki | 28 5:15 Bootcamp-Dori 9:00 Lift 45- Janette 10:00 CBS- Janette | |
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