

JULY 2018

MONDAY	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Donna	Cycle Studio
	8:00am-8:50am	Sculpt/Stretch	Mesha	Studio 1
	9:10am-10:05am	Chisel	Tassie	Studio 1
	9:15am-10:10am	Cycle	Mindy	Cycle Studio
	9:30am-10:25am	Core Combo	Gina P.	Studio 2
Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
	10:15am-11:10am	Zumba®	Jae	Studio 1
	11:15am-12:10pm	Tai Chi - "Chen Style"	Florin	Studio 1
	12:30pm-1:25pm	Moving Right Along II	Kathy	Studio 1
	5:15pm-6:10pm	Posture Perfect	Beth	Studio 2
Aqua	6:00pm-7:00pm	Masters Swim		Pool
	6:15pm-7:10pm	Strength Training	Sara	Studio 1
	7:15pm-8:20pm	Yoga II	Sondra	Studio 2
TUESDAY	6:30am-7:25am	Total Body Sculpt I	Bob	Studio 1
	8:00am-8:55am	Total Body Sculpt II	Dana	Studio 1
	8:10am-9:05am	RIPPED©	Frances	Studio 2
	9:15am-10:10am	Postural Stretch	Beth	Studio 2
	9:10am-10:05am	Step Plus	Dana	Studio 1
Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
	10:15am-11:10am	Total Sculpt & Stretch	Kathy	Studio 1
	10:20am-11:30am	Yoga II	Gina M.	Studio 2
	11:15am-12:00pm	Moving Right Along I	Adrian	Studio 1
	6:15pm-7:10pm	Total Body Conditioning	Danielle	Studio 1
Aqua	6:30pm-7:30pm	Aqua Combo	Sara C.	Pool
WEDNESDAY	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Maureen	Cycle Studio
	8:00am-8:55am	Retro Cardio	Beth	Studio 1
	9:05am-10:15am	Yoga I & II	Lisa	Studio 2
	9:10am-10:05am	Posture Perfect	Beth	Studio 1
	9:15am-10:10am	Cycle	Mindy	Cycle Studio
	9:30am-10:20am	Treadmill Trekking	Tassie	Cardio Deck
Aqua	10:00am-11:00am	Combo II/III	Maureen	Pool
	11:30am-12:30pm	Tai Chi - Beginner	Florin	Studio 1
	12:40pm-1:30pm	Quickie Mat Pilates	Adrian	Studio 1
	6:15pm-7:10pm	Posture Perfect	Beth	Studio 1
	6:15pm-7:10pm	Trekk n' Row	Adrian	Cardio Deck
	7:15pm-8:25pm	Yoga I	Natalie	Studio 1

THURSDAY	6:30am-7:45am	Total Body Sculpt I	Gina P.	Studio 1
	8:00am-8:55am	Total Body Sculpt II	Dana	Studio 1
	9:10am-10:05am	Kickboxing	Katy	Studio 1
Aqua	10:00am-11:00am	H2O Fitness	Barbara	Pool
	10:15am-11:10am	Total Body Sculpt I	Sara	Studio 1
	10:30am-11:40am	Yoga I & II	Natalie	Studio 2
	11:15am-12:00pm	Moving Right Along I	Adrian	Studio 1
	1:00pm-1:55pm	Gentle Yoga	Maureen	Studio 1
Aqua	6:00pm-7:00pm	Masters Swim		Pool
	6:15pm-7:15 pm	Yoga II	Tanya	Studio 2
FRIDAY	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Renae	Cycle Studio
	7:00am-7:55am	Cardio Plus	Bob	Studio 1
	8:00am-8:55am	Retro Cardio	Beth	Studio 1
	8:00am-8:55am	Cycle	Mindy	Cycle Studio
	9:10am-10:05am	Chisel	Chris	Studio 1
	9:10am-10:05am	Connective Stretch	Beth	Studio 2
AQUA	10:00am-11:00am	H2O Fitness	Jean	Pool
	10:15am-11:15am	ReFit® (Zumba)	Jae	Studio 2
	10:15am-11:10am	Posture Perfect	Beth	Studio 1
	11:15am-12:10pm	Tai Chi - "Chen Style"	Florin	Studio 1
	12:30pm-1:25pm	Moving Right Along II	Kathy S.	Studio 1
SATURDAY*	8:20am-9:30am	Yoga I	Tanya	Studio 1
	8:30am-9:40am	Yoga II	Beth	Studio 2
	9:45am-10:40am	Zumba®	Karen D.	Studio 1
	10:50am-11:45am	Total Body Conditioning	Danielle	Studio 1
* Saturday Cycle Temporarily Cancelled				
CLOSED WEDNESDAY JULY 4th				