





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:45 AM SPINNING <i>Lynnee'</i>	6:00 AM Atomic Core <i>Adriana</i>	5:45 AM SPINNING <i>Leslie</i>	6:00 AM Kettlebells <i>Adriana</i>	6:00 AM SPINNING <i>Peggy</i>	7:00 AM SPINNING <i>Lynnee'</i>	8:00 AM Body Sculpt <i>Lara</i>
8:45 AM GROUP POWER <i>Erin</i>	9:30 AM SPINNING <i>Sue G</i>	8:45 AM Cardio Chisel <i>Erin</i>	 9:30 AM SPINNING <i>Laura / Sue G</i>	8:45 AM GROUP POWER <i>Andrea</i>	8:00 AM BOSU <i>Erin / Andrea</i>	8:00 AM SPINNING <i>Sue G</i>
10:00 AM Pilates <i>Dawn</i>	11:00 AM Pilates for Posture <i>Dawn</i>	10:00 AM Stretch & Strength <i>Adriana</i>	11:00 AM Pilates for Posture <i>Dawn</i>	10:00 AM Flexibility Training <i>Dawn</i>	8:30 AM SPINNING <i>Tim</i>	9:00 AM Vinyasa Yoga <i>Lara</i>
11:00 / 11:45 AM Silver Sneakers <i>Sue D</i>	12:15 PM Lunch Crunch <i>Adriana</i>	11:00 / 11:45 AM Silver Sneakers <i>Sue D</i>	12:15 PM Lunch Crunch <i>Adriana</i>	11:00 AM Senior Fitness <i>Sue D</i>	9:00 AM GROUP POWER <i>Erin / Andrea</i>	
					10:00 AM Pilates <i>Dawn</i>	
4:30 PM GROUP POWER <i>Andrea</i>			4:30 PM Body Sculpt <i>Sue D</i>			
5:30 PM SPINNING <i>Leslie</i>	5:30 PM Body Sculpt <i>Leslie</i>	5:30 PM SPINNING <i>Peggy</i>	5:30 PM Total Body Circuit <i>Adriana</i>	<p align="center"><u>Specialty Classes:</u></p> <p align="center">Low n' Loaded Thurs 12/6 & 12/20 @ 8:30 AM</p> <p align="center">Shred Circuit Sat 12/8 @ 8 AM</p> <p align="center">SHREDMAX Sat 12/8 @ 9 AM</p> <p align="center">BOSU, Bands & Balls Tues 12/11 @ 8:30 AM</p> <p align="center">Mommy & Me Sat 12/15 @ 11 AM</p>		
5:30 PM Kickbox Sculpt <i>Sue D</i>	6:30 PM SPINNING <i>Tim</i>	5:30 PM Kickbox / Total Ab <i>Sue D</i>				
6:30 PM Vinyasa Yoga <i>Lara</i>		6:30 PM GROUP POWER <i>Andrea</i>				

