





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPINNING <i>Tammy</i>	5:30 AM Boot Camp <i>James</i>	5:30 AM SPINNING <i>Julia</i>	5:30 AM Boot Camp <i>James</i>	5:30 AM SPINNING <i>Julia</i>	8:00 AM Kickboxing <i>Julie</i>	8:30 AM SPINNING <i>Tammy</i>
8:30 AM <i>Donna</i> Abs Express	9:00 AM GROUP POWER <i>Wendy</i>	9:00 AM Tabata Burn <i>Julie</i>	9:00 AM Boot Camp <i>James</i>	9:00 AM GROUP POWER <i>Wendy</i>	8:15 AM SPINNING <i>Carrie</i>	9:30 AM GROUP POWER <i>Tammy</i>
9:00 AM <i>Donna</i> Pilates Sculpt	10:00 AM <i>Wendy</i> Abs Express	9:00 AM SPIN & Sculpt <i>Wendy</i>	10:00 AM <i>Donna</i> Barre Above Express	10:00 AM Pilates <i>Donna</i>	9:00 AM Vinyasa Yoga <i>Carrie</i>	
9:00 AM SPINNING <i>Wendy</i>	10:30 AM <i>Wendy</i> Silver Sneakers	10:00 AM Gentle Yoga <i>Donna</i>	10:30 AM <i>Donna</i> Silver Sneakers	5:30 PM X Training <i>James</i>		
10:00 AM <i>Donna</i> Gentle Yoga	11:15 AM <i>Wendy</i> Silver Sneakers		11:15 AM <i>Donna</i> Silver Sneakers			
4:30 PM Kickboxing <i>Julie</i>	5:00 PM Total Body Burn <i>Dawn</i>	4:30 PM SPIN Express <i>Wendy</i>	4:30 PM Total Body Ball <i>Wendy</i>	<p><u>Specialty Classes:</u></p> <p>ZUMBA Thurs 12/6 @ 5:30 PM</p> <p>Barre Above Sat 12/8 & 12/29 @ 10 AM</p> <p>Boot Camp Mon 12/10 @ 7 AM</p> <p>Senior-level Chair Yoga Fri 12/14 & 12/21 @ 11 AM</p> <p>STRONG by Zumba Sun 12/16 @ 8:30 AM</p>		
5:30 PM GROUP POWER <i>Julie</i>		5:00 PM Abs Express <i>Wendy</i>				
6:30 PM SPINNING <i>Julia</i>	5:30 PM SPINNING <i>Julie</i>	5:30 PM GROUP POWER <i>Wendy / Gretchen</i>	5:30 PM SPINNING <i>Julie</i>			
6:30 PM Yoga-lates <i>Wendy</i>	6:30 PM Tabata Burn <i>Julie</i>	6:30 PM X Training <i>James</i>				

