
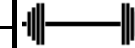



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:45 AM SPINNING <i>Lynnee'</i>	6:00 AM Core Blast <i>Adriana</i>	5:45 AM SPINNING <i>Leslie</i>	6:00 AM Kettlebells <i>Adriana</i>	6:00 AM SPINNING <i>Peggy</i>	7:00 AM SPINNING <i>Lynnee'</i>	8:00 AM Body Sculpt <i>Lara</i>
8:45 AM GROUP POWER <i>Erin</i>	9:30 AM SPINNING <i>Sue G</i>	8:45 AM Cardio Chisel <i>Erin</i>	9:30 AM SPINNING <i>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">Specialty Classes:</p> <p align="center">GROUP POWER LAUNCH:  Mon: 4/1 @ 8:45 AM & 4:30 PM </p> <p align="center">YOGA: <u>Wed. 4/3 & 4/17 @ 7:00 AM</u></p> <p align="center">LOW & LOADED: Thurs. 4/4 & 4/11 @ 8:30 AM</p> <p align="center">GROUP POWER INTRO: Wed. 4/10 @ 4:30 PM</p> <p align="center">SENIOR/BEGINNER SPIN: Tues. 4/9 @ 10:30 AM</p> <p align="center">JUST DANCE: Tues. 4/16 & 4/23 @ 8:30 AM</p> <p align="center">CARDIO CORE MASHUP: Tues. 4/30 @ 8:30 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>				