










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:45 AM SPINNING <i>Lynnee'</i>	6:00 AM <i>Adriana</i> Core Blast	5:45 AM SPINNING <i>Leslie</i>	6:00 AM Kettlebells <i>Adriana</i>	6:00 AM  SPINNING <i>Ruth</i>	7:00 AM SPINNING <i>Lynnee'</i>	8:00 AM Body Sculpt <i>Lara</i>
8:45 AM GROUP POWER <i>Erin</i>	8:30 AM <i>Sue D</i> Just Dance	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>Tammy</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>	
4:30 PM GROUP POWER <i>Andrea</i>			4:30 PM Body Sculpt <i>Sue D</i>		10:00 AM Pilates <i>Dawn</i>	
5:30 PM SPINNING <i>Leslie</i>	5:30 PM  Muscle Max <i>Leslie</i>	5:30 PM  SPINNING <i>Ruth</i>	5:30 PM Total Body Circuit <i>Adriana</i>	<div style="text-align: center;">  <h2><u>Specialty Classes:</u></h2>  <p>Cardio Chisel: Wed 6/5 @ 4:30 PM Low & Loaded: Thurs 6/6 & 6/27 @ 8:30 AM HIIT: Tues 6/11 @ 6:30 PM 30/30 Kickboxing/Kettlebell: Wed 6/12 @ 4:30 PM Core Fusion: Thurs 6/13 & 6/20 @ 8:30 AM Bosu Bands & Balls: Wed 6/19 & 6/26 @ 4:30 PM Zumba: Thurs 6/20 @ 6:30 PM</p> </div>		
5:30 PM Step & Sculpt <i>Kerri M</i>	6:30 PM SPINNING <i>Tim</i>	5:30 PM GROUP POWER <i>Andrea</i>				
6:30 PM Vinyasa Yoga <i>Lara</i>						