




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>	5:45 AM NEW SPINNING <i>Peggy</i>	7:00 AM SPINNING <i>Lynnee'</i>	8:00 AM Body Sculpt <i>Lara</i>
8:30 AM GROUP POWER <i>Erin</i>	8:30 AM <i>Sue D</i> Just Dance	8:30 AM Cardio Chisel <i>Erin</i>	9:30 AM SPINNING <i>Sue G</i>	8:30 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>	9:00 AM (45 min) Beginner SPIN <i>Sue G</i> NEW	8:30 AM NEW SPINNING <i>Michelle</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>	10:00 AM Flexibility Training <i>Dawn</i>	9:00 AM GROUP POWER <i>Erin / Andrea</i>	
4:30 PM Cardio Chisel <i>Carol Ann</i>			4:30 PM Body Sculpt <i>Sue D</i>	11:00 AM Senior Fitness <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>	<p align="center">Specialty Classes:</p> <p align="center">ZUMBA HIIT- Tues 9/3 @ 6:30 PM</p> <p align="center">BOSU, BANDS & BALLS-</p> <p align="center">Every Wednesday @ 4:30 PM</p> <p align="center">LOW & LOADED- Thurs 9/5 & 9/12 @ 8:30 AM</p> <p align="center">YOGA- Tues 9/10 & 9/24 @ 7:00 AM</p> <p align="center">BALL FUSION- Thurs 9/19 @ 8:30 AM</p> <p align="center">YOGA- Wed 9/25 @ 6:30 PM</p> <p align="center">CARDIO CORE MASHUP- Thurs 9/26 @ 8:30 AM</p> <p align="center">BODY SCULPT- Sun 9/29 @ 8:00 AM</p> <p align="center">* LARA returns 9/25 & 9/29</p>		
5:30 PM GROUP POWER <i>Andrea</i>	6:30 PM SPINNING <i>Tim</i>	5:30 PM GROUP POWER <i>Andrea</i>				
6:30 PM Barre Fitness <i>Lauren S</i>						

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