

AUGUST GROUP FIT SCHEDULE

			✓ NEW TIME/CLASS OFFERING	AEROBICS ROOM DOWNSTAIRS	YOGA STUDIO UPSTAIRS	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	STRENGTH & CONDITION STACI (45)		STRENGTH & CONDITION STACI (45)				
5:45		CYCLE CAMIE (45)		BARBELL STRENGTH PATTY (45)	CYCLE CAMIE (45)		
8:00						CYCLE ELIZABETH (45)	
8:45						✓ STRENGTH & SCULPT KAREN KELLY (45)	
9:00	BARBELL STRENGTH PATTY (60)	SILVER CHALLENGE JAN (60)	BODY BLAST CAROL (60)	SILVER CHALLENGE CAROL (60)	BODY BLAST CAROL (60)		
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA WENDY (75)		✓ YIN YOGA SUSIE (60)		
9:30						YIN YOGA JAN (60)	
9:30						ZUMBA! KAREN (60)	
10:30					YAMUNA BODY ROLLING CHRISTINE (60) CLASS TIME CHANGES 8/24		
10:30	SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		
11:45	BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		4-5:15pm EASY SUNDAY YOGA
12:05	CYCLE ELIZABETH (45)		CYCLE PATTY (45)		CYCLE ANIKA (45)		
12:15		BOOTCAMP MOLLY (45)		BOOTCAMP MOLLY (45)			
1:00					YAMUNA BODY ROLLING CHRISTINE (60) AUGUST 24TH ONLY		
4:30	YOGA SEAN (60)		YOGA SEAN (60)				
4:30			PEAK CONDITIONING GRETA (60) NO CLASS AUGUST 29				
5:00	STRENGTH EXPRESS NEAL (60)						
5:30	ZUMBA! SUZIE (60)	STRENGTH & CONDITION DANIELLE (45)	PILATES OLIVIA (60)	STEP & STRENGTH NEAL (60)			
5:30	RUN & ROW KOREN (60)	ALL LEVELS YOGA EM (60)	CYCLE CASSIE (45)				
5:45	YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS AUGUST 13th						
6:30	BUTTS & GUTS DEDRICK (45)		BOOT CAMP LUCY (45)				
							AUGUST 5 YIN + RESTORATIVE YOGA CAROL PHILLIPS AUGUST 12 YIN YOGA WENDY WEITZEL AUGUST 19 YIN + RESTORATIVE YOGA CAROL PHILLIPS AUGUST 26 YIN YOGA SUSIE SMITH

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Vertical line separator

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