




Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p align="center">CYCLING</p> <p>You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class.</p> <p>Please bring a towel and bottled water.</p> <p>Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit.</p> 				<p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Vickie 5:30 BODY DESIGN Vickie 6:45 YOGA Jamie</p>	<p>1</p>	<p>2</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW Karen</p>	<p>3</p> <p>8:30 PEDAL & PUMP Nicole 10:00 YOGA Camp Kate</p>
<p>4</p> <p>8:30 TRIPLE TREAT Karen 9:45 YOGA Kate 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Millie 5:30 TABATA SCULPT Danielle 6:30 YOGA Jamie</p>	<p>5</p> <p>7:30 AWT Millie 8:30 AWT Millie 8:30 H2o SHALLOW Rebecca 10:00 SSS Millie 12:30 CORE CYCLING Vickie 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>6</p> <p>8:30 CORE COND. & MORE Karen 9:45 YOGA Kate 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Vickie 5:30 CYCLING Danielle 5:30 YOGA Millie</p>	<p>7</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Nicole 5:30 BODY DESIGN Vickie 6:45 YOGA Vickie</p>	<p>8</p>	<p>9</p> <p>8:30 BODY Vickie 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW (vary)</p>	<p>10</p> <p>8:30 PEDAL & PUMP Mandy 10:00 YOGA Camp Kate</p>	
<p>11</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Nicole 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 YOGA Jamie</p>	<p>12</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 CYCLING Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Jamie</p>	<p>13</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 CYCLING Millie 5:30 YOGA Karen</p>	<p>14</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>15</p>	<p>16</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW (vary)</p>	<p>17</p> <p>8:30 PEDAL & PUMP Karen 10:00 YOGA Camp Kate</p>	
<p>18</p> <p>8:30 TRIPLE TREAT Karen 9:45 YOGA Kate 12:30 TOTAL BODY Karen 1:00 H2o DEEP Cancelled 1:45 H2o SHALLOW Cancelled 4:30 HIIT Danielle 5:30 CYCLING Danielle 5:30 TABATA SCULPT Cancelled 6:30 YOGA Jamie</p>	<p>19</p> <p>7:30 AWT Millie 8:30 AWT Millie 8:30 H2o SHALLOW Rebecca 10:00 SSS Millie 12:30 CORE CYCLING Nicole 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>20</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Karen 5:30 YOGA Millie</p>	<p>21</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Vickie 6:45 YOGA Vickie</p>	<p>22</p>	<p>23</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW Cancelled</p>	<p>24</p> <p>8:30 PEDAL & PUMP Danielle 10:00 YOGA Camp Kate</p>	
<p>25</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Nicole 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 YOGA Jamie</p>	<p>26</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o SHALLOW Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Vickie 4:30 CYCLING Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Jamie</p>	<p>27</p> <p>8:30 CORE COND. & MORE Karen 9:45 YOGA Karen 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 5:30 YOGA Vickie</p>	<p>Are you looking for a class that combines weight training as well as cardio? Give Aerobic Weight Training (AWT) a try! This class is offered on Tue and Thu at 7:30 & 8:30 am. It is circuit class type class and it taught in the Fitness Center.</p> <p>AWT- Aerobic Weight Training, is the ultimate exercise program, this class improves cardiovascular system, burns calories, tones muscles, and improves strength and flexibility. This class combines aerobic exercise and weight training exercise. Both types of exercise are essential for total body fitness. Space is limited; please call us at 453-5441 the day before class to reserve a spot. B-I</p>				