

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Kelly 5:30 YOGA Vickie	3 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 5:30 BODY DESIGN Millie 6:45 YOGA Jamie	4 <i>happy Fourth of July!</i>	5 7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Mandy 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Karen	6 8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Mandy	7 8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Kate
8	9 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Mandy 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Danielle 5:30 CYCLING Kelly 5:30 YOGA Jamie	10 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Mandy 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie	11 8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 HIIT Nicole 5:30 CYCLING Millie 5:30 YOGA Karen	12 7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Vickie 5:30 BODY DESIGN Karen 6:45 YOGA Karen	13 8:30 BODY DESIGN Millie 9:45 YOGA Karen 12:30 HIIT Nicole	14 8:30 PEDAL & PUMP Nicole 10:00—11:30 YOGA Kate
15	16 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Danielle 5:30 CYCLING Vickie 5:30 YOGA Jamie	17 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Nicole 5:30 BODY DESIGN Kelly 6:45 YOGA Jamie	18 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Kelly 5:30 CYCLING Karen 5:30 YOGA Millie	19 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Millie	20 8:30 BODY DESIGN Mandy 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole	21 8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA Kate
22	23 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Kelly 5:30 YOGA Jamie	24 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Jamie	25 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Danielle 5:30 CYCLING Kelly 5:30 YOGA Millie	26 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Mandy 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Karen	27 8:30 BODY DESIGN Danielle 9:45 YOGA Vickie 12:30 HIIT Nicole	28 8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Karen
29	30 8:30 TRIPLE TREAT Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Danielle 5:30 CYCLING Karen 5:30 YOGA Vickie	31 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Jamie	<p align="center">CYCLING </p> <p align="center">You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class. Please bring a towel and bottled water.</p> <p align="center">Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p> <p align="center">Aerobic Weight Training (AWT)</p> <p align="center">Tue and Thu at 7:30 & 8:30 am. You may call (453-5441) the day prior to class to reserve a spot.</p>			

