

# August

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