

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ATTENTION:  The Monday 5:30 pm Yoga class has been moved to 7:00 pm						8:30 PEDAL & PUMP 1 Vickie 10:00—11:30 YOGA Kate
2	3 	4 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Vickie	5 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Nicole 5:30 CYCLING Vickie 5:30 YOGA Millie	6 7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Karen	7 8:30 BODY DESIGN Danielle 9:45 YOGA Kate 12:00 H2o SHALLOW Rox 12:30 HIIT Nicole	8 8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA Kate
9	10 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 Vickie 5:30 CYCLING Kelly 7:00 YOGA Jamie	11 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 Kelly 6:45 YOGA Karen	12 8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CORE CYCLE Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Millie 5:30 YOGA Vickie	13 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Millie 5:30 BODY DESIGN Danielle 6:45 YOGA Millie	14 8:30 BODY DESIGN Karen 9:45 YOGA Kate 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole	15 8:30 PEDAL & PUMP Nicole 10:00—11:30 YOGA Vickie
16	17 8:30 TRIPLE TREAT Millie 9:45 YOGA Vickie 12:30 CORE CYCLE Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 CYCLING Karen 7:00 YOGA Jamie	18 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 Danielle 6:45 YOGA Karen	19 8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Vickie 5:30 YOGA Millie	20 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Vickie 5:30 BODY DESIGN Millie 6:45 YOGA Millie	21 8:30 BODY DESIGN Vickie 9:45 YOGA Vickie 12:00 H2o SHALLOW Rox 12:30 HIIT Nicole	22 8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Karen
23	24 8:30 TRIPLE TREAT Millie 9:45 YOGA Karen 12:30 CORE CYCLE Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Danielle 7:00 YOGA Vickie	25 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 Karen	26 8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 5:30 YOGA Millie	27 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Vickie 5:30 BODY DESIGN Danielle 6:45 YOGA Vickie	28 8:30 BODY DESIGN Danielle 9:45 YOGA Vickie 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole	29 8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Vickie
30	CYCLING 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. Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit					