

Sun	Mon	Tue	Wed	Thu	Fri	Sat						
<p><b>YOGA CAMP</b> <b>Saturdays @ 10:00</b></p> <p>Back to Basics– 5 progressive sessions of yoga poses and breathing exercises. Basics for beginners. Review and refinement for intermediate practitioners.</p>												
6	8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Ann Marie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 7:00 YOGA Jamie	7	7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	8	8:30 CORE COND. & MORE Karen 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 7:00 YOGA Millie	9	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	10	8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:00 H2o SHALLOW Rox 12:30 HIIT Nicole	11	8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA CAMP Kate	12
13	8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Ann Marie 5:30 CYCLING Kelly 7:00 YOGA Jamie	14	7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 5:30 BODY DESIGN Karen 6:45 YOGA Jamie	15	8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Millie 7:00 YOGA Ann Marie	16	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 Ann Marie 6:45 YOGA Ann Marie	17	8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole	18	8:30 PEDAL & PUMP Nicole 10:00—11:30 YOGA CAMP Kate	19
20	8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Millie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Danielle 5:30 CYCLING Kelly 7:00 YOGA Jamie	21	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 Danielle 6:45 YOGA Ann Marie	22	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 Kelly 7:00 YOGA Millie	23	7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Mandy 5:30 BODY DESIGN Vickie 6:45 YOGA Jamie	24	8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:00 H2o SHALLOW Rox 12:30 HIIT Nicole	25	8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA CAMP Kate	26
27	8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 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 Jamie	28	7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Ann Marie 4:30 CYCLING Danielle 5:30 BODY DESIGN Millie 6:45 YOGA Jamie	29	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 Mandy 5:30 CYCLING Kelly 7:00 YOGA Ann Marie	30	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 Karen 6:45 YOGA Karen	31	<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>			