


Sun	Mon	Tue	Wed	Thu	Fri	Sat
Strength, Stability, & Stretch (SSS)					8:30 BODY DESIGN Vickie 1 9:45 YOGA Vickie 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole	8:30 PEDAL & PUMP 2 Mandy 10:00—11:30 YOGA CAMP Kate
Tuesdays & Thursdays at 10:00						
Are you having trouble with your balance? Would you like to tone? Give the SSS Class a try! This workout is the perfect class for those who are just getting started or easing back into a Fitness routine. Class focuses on balance, toning, and flexibility. Beginners						
3	4	5	6	7	8	9
8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Vickie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 7:00 YOGA Jamie	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 Ann Marie 6:45 YOGA Ann Marie	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 Millie 7:00 YOGA Ann Marie	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 Danielle 6:45 YOGA Jamie	8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole	8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Kate	
10	11	12	13	14	15	16
8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Ann Marie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Danielle 5:30 CYCLING Kelly 7:00 YOGA Jamie	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 Danielle 6:45 YOGA Karen	8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 7:00 YOGA Ann Marie	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 Ann Marie 6:45 YOGA Ann Marie	8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole	8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Kate	
17	18	19	20	21	22	23
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24	25	26	27	28	 <p>CYCLING</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>	
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