



Sun

Mon

Tue

Wed

Thu

Fri

Sat



Please note the changes to the evening Yoga classes:

Mondays: 6:45 pm

Wednesdays: 6:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please note the changes to the evening Yoga classes:</p> <p>Mondays: 6:45 pm</p> <p>Wednesdays: 6:00 pm</p>					<p>1 8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole</p>	<p>2 8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Karen</p>
<p>3 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Nicole 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 6:45 YOGA Jamie</p>	<p>4 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 Ann Marie 6:45 YOGA Ann Marie</p>	<p>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 Mandy 5:30 CYCLING Ann Marie 6:00 YOGA Millie</p>	<p>6 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Kelly 6:45 YOGA Karen</p>	<p>7 8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:00 H2o SHALLOW Rox 12:30 HIIT Nicole</p>	<p>8 8:30 PEDAL & PUMP Ann Marie 10:00—11:30 YOGA Kate</p>	
<p>10 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 Ann Marie 5:30 CYCLING Karen 6:45 YOGA Jamie</p>	<p>11 7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Ann Marie 4:30 CYCLING Mandy 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie</p>	<p>12 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 Kelly 6:00 YOGA Ann Marie</p>	<p>13 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Millie 5:30 BODY DESIGN Danielle 6:45 YOGA Millie</p>	<p>14 8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole</p>	<p>15 8:30 PEDAL & PUMP Nicole 10:00—11:30 YOGA CAMP Kate</p>	
<p>17 8:30 TRIPLE TREAT Ann Marie 9:45 YOGA Kate 12:30 CORE CYCLE Millie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Karen 6:45 YOGA Jamie</p>	<p>18 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 Danielle 6:45 YOGA Karen</p>	<p>19 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 6:00 YOGA Ann Marie</p>	<p>20 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Ann Marie 4:30 CYCLING Kelly 5:30 BODY DESIGN Millie 6:45 YOGA Millie</p>	<p>21 8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole</p>	<p>22 8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA Kate</p>	
<p>24 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 6:45 YOGA Jamie</p>	<p>25 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</p>	<p>26 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 6:00 YOGA Ann Marie</p>	<p>27 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie</p>	<p>28 8:30 BODY DESIGN Danielle 9:45 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole</p>	<p>29 8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Kate</p>	
<p>31</p>	<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. Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p>					