

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p align="center">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> <p align="center">TOTAL BODY</p> <p>Perfect for those who need a quick work out during their lunch break. You will be amazed on how great you will feel after this 45-minute class. You will work every muscle from head to toe, and still get back to work on time! I-A</p>				<p align="center">SWEAT</p>	<p>1</p> <p>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 Kelly 6:45 YOGA Karen</p>	<p>2</p> <p>8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:30 TABATA SCULPT Nicole</p>	<p>3</p> <p>8:30 PEDAL & PUMP Nicole 10:00—11:30 YOGA Kate</p>
<p>4</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Canceled 1:45 H2o SHALLOW Canceled 4:30 PURE STRENGTH Nicole 5:30 CYCLING Danielle 6:45 YOGA Jamie</p>	<p>5</p> <p>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 Kelly 6:45 YOGA Ann Maire</p>	<p>6</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Canceled 1:45 H2o SHALLOW Canceled 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Millie</p>	<p>7</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Mandy 4:30 CYCLING Danielle 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>8</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA Karen 12:30 HIIT Nicole</p>	<p>9</p> <p>8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Kate</p>	<p>10</p>	
<p>11</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Ann Marie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Vickie 5:30 CYCLING Karen 6:45 YOGA Jamie</p>	<p>12</p> <p>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 Vickie 6:45 YOGA Jamie</p>	<p>13</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING 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>14</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Nicole 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>15</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole</p>	<p>16</p> <p>8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA Kate</p>	<p>17</p>	
<p>18</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Ann Marie 5:30 CYCLING Karen 6:45 YOGA Jamie</p>	<p>19</p> <p>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 Ann Maire</p>	<p>20</p> <p>8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Vickie 6:00 YOGA Ann Marie</p>	<p>21</p> <p>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 Jamie</p>	<p>22</p> <p>8:30 BODY DESIGN Vickie 9:45 YOGA Vickie 12:30 HIIT Nicole</p>	<p>23</p> <p>8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Kate</p>	<p>24</p>	
<p>25</p> <p>8:30 TRIPLE TREAT Ann Marie 9:45 YOGA Kate 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 CYCLING Danielle 6:45 YOGA Karen</p>	<p>26</p> <p>7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Ann Maire</p>	<p>27</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING 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>28</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Nicole 5:30 BODY DESIGN Kelly 6:45 YOGA Karen</p>	<p>29</p> <p>8:30 BODY DESIGN Vickie 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole</p>	<p>30</p> <p>8:30 PEDAL & PUMP Ann Marie 10:00—11:30 YOGA Kate</p>	<p>31</p>	