

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 WE WILL BE CLOSED LABOR DAY	3 7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Karen 4:30 CYCLING Nicole 5:30 BODY DESIGN Danielle 6:45 YOGA Karen	4 8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 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	5 7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie	6 8:30 BODY DESIGN Danielle 9:45 YOGA Jamie 12:30 HIIT Nicole	7 8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Ann Marie
8	9 8:30 TRIPLE TREAT Millie 9:45 YOGA Karen 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 BARRE Ann Marie 5:30 CYCLING Kelly 6:45 YOGA Ann Marie	10 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 Kelly 6:45 YOGA Ann Marie	11 8:30 CORE COND. Ann Marie 9:45 YOGA Ann Marie 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Ann Marie 6:00 YOGA Millie	12 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Nicolle 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie	13 8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole	14 8:30 PEDAL & PUMP Ann Marie 10:00—11:30 YOGA Ann Marie
15	16 8:30 TRIPLE TREAT Millie 9:45 YOGA Ann Marie 12:30 CYCLING Vickie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Nicole 5:30 BARRE Ann Marie 5:30 CYCLING Karen 6:45 YOGA Jamie	17 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 Ann Marie 6:45 YOGA Ann Marie	18 8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Ann Marie	19 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	20 8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole	21 8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA Ann Marie
22	23 8:30 TRIPLE TREAT Millie 9:45 YOGA Karen 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 BARRE Ann Marie 5:30 CYCLING Danielle 6:45 YOGA Jamie	24 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 Vickie 6:45 YOGA Karen	25 8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Ann Marie	26 7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelly 5:30 BODY DESIGN Karen 6:45 YOGA Karen	27 8:30 BODY DESIGN Vickie 9:45 YOGA Ann Marie 12:00 H2o SHALLOW Rox 12:30 TABATA SCULPT Nicole	28 8:30 PEDAL & PUMP Ann Marie 10:00—11:30 YOGA Ann Marie
29	30 8:30 TRIPLE TREAT Millie 9:45 YOGA Karen 12:30 CYCLING Vickie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Ann Marie 5:30 BARRE Ann Marie 5:30 CYCLING Danielle 6:45 YOGA Jamie	<p style="text-align: center;">BARRE Mondays at 5:30</p> <p>Shape & strengthen with elegance as you tone and condition your legs, glutes & core, focusing on form and proper biomechanics. Our 45-minute Barré classes are challenging yet low impact and easy on the joints. Sweat never looked so good!</p> <p style="text-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 style="text-align: center;"><u>Beginner cyclists</u>, come to class 10 minutes before class begins to get a proper bike fit</p>				