


Sun	Mon	Tue	Wed	Thu	Fri	Sat						
<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><u>Beginner cyclists</u>, come to class 10 minutes before class begins to get a proper bike fit</p> <p>Aerobic Weight Training (AWT)</p> <p>Tue and Thu at 7:30 & 8:30 am. You may call (453-5441) the day prior to class to reserve a spot.</p> <p>We welcome our two new instructor: Jenny Hollingsworth</p>							1					
2	<p>8:30 TRIPLE TREAT Millie</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Karen</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 PURE STRENGTH Karen</p> <p>5:30 BARRE Vickie</p> <p>5:30 CYCLING Danielle</p> <p>6:45 YOGA Jamie</p>	3	4	<p>7:30 AWT Karen</p> <p>8:30 AWT Karen</p> <p>10:00 SSS Karen</p> <p>12:30 TOTAL BODY Vickie</p> <p>4:30 CYCLING Vickie</p> <p>5:30 TOTAL BODY Danielle</p> <p>6:45 YOGA Ann Marie</p>	5	<p>8:30 BARRE Vickie</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Mandy</p> <p>5:30 CYCLING Jenny</p>	6	<p>7:30 AWT Millie</p> <p>8:30 AWT Millie</p> <p>10:00 SSS Millie</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Karen</p> <p>5:30 TOTAL BODY Jenny</p> <p>6:45 YOGA Karen</p>	7	<p>8:30 BODY DESIGN Karen</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Karen</p> <p>12:30 TABATA SCULPT Nicole</p>	8	<p>8:30 PEDAL & PUMP Karen</p> <p>10:00—11:30 YOGA Kate</p>
9	<p>8:30 TRIPLE TREAT Millie</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Vickie</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 PURE STRENGTH Mandy</p> <p>5:30 BARRE Karen</p> <p>5:30 CYCLING Danielle</p> <p>6:45 YOGA Jamie</p>	10	11	<p>7:30 AWT Millie</p> <p>8:30 AWT Millie</p> <p>10:00 SSS Millie</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Vickie</p> <p>5:30 TOTAL BODY Danielle</p> <p>6:45 YOGA Ann Marie</p>	12	<p>8:30 BARRE Nicole</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Jenny</p> <p>5:30 CYCLING Kelly</p> <p>6:00 YOGA Ann Marie</p>	13	<p>7:30 AWT Vickie</p> <p>8:30 AWT Vickie</p> <p>10:00 SSS Vickie</p> <p>12:30 TOTAL BODY Vickie</p> <p>4:30 CYCLING Karen</p> <p>5:30 TOTAL BODY Jenny</p> <p>6:45 YOGA Karen</p>	14	<p>8:30 BODY DESIGN Vickie</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Karen</p> <p>12:30 HIIT Nicole</p>	15	<p>8:30 PEDAL & PUMP Jenny</p> <p>10:00—11:30 YOGA Kate</p>
16	<p>8:30 TRIPLE TREAT Millie</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Jenny</p> <p>1:00 H2o DEEP Canceled</p> <p>1:45 H2o SHALLOW Canceled</p> <p>4:30 PURE STRENGTH Ann Marie</p> <p>5:30 BARRE Ann Marie</p> <p>5:30 CYCLING Kelly</p> <p>6:45 YOGA Jamie</p>	17	18	<p>7:30 AWT Karen</p> <p>8:30 AWT Karen</p> <p>10:00 SSS Karen</p> <p>12:30 TOTAL BODY Karen</p> <p>4:30 CYCLING Jenny</p> <p>5:30 TOTAL BODY Vickie</p> <p>6:45 YOGA Ann Marie</p>	19	<p>8:30 BARRE Vickie</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Mandy</p> <p>5:30 CYCLING Jenny</p> <p>6:00 YOGA Ann Marie</p>	20	<p>7:30 AWT Vickie</p> <p>8:30 AWT Vickie</p> <p>10:00 SSS Vickie</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Karen</p> <p>5:30 TOTAL BODY Danielle</p> <p>6:45 YOGA Karen</p>	21	<p>8:30 BODY DESIGN Danielle</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Karen</p> <p>12:30 TABATA SCULPT Nicole</p>	22	<p>8:30 PEDAL & PUMP Mandy</p> <p>10:00—11:30 YOGA Kate</p>
23	<p>8:30 TRIPLE TREAT Millie</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Karen</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 PURE STRENGTH Nicole</p> <p>5:30 BARRE Karen</p> <p>5:30 CYCLING Jenny</p> <p>6:45 YOGA Jamie</p>	24	25	<p>7:30 AWT Karen</p> <p>8:30 AWT Karen</p> <p>10:00 SSS Karen</p> <p>12:30 TOTAL BODY Nicole</p> <p>4:30 CYCLING Jenny</p> <p>5:30 TOTAL BODY Danielle</p> <p>6:45 YOGA Ann Marie</p>	26	<p>8:30 BARRE Danielle</p> <p>9:45 YOGA Kate</p> <p>12:30 CYCLING Beth</p> <p>1:00 H2o DEEP Rox</p> <p>1:45 H2o SHALLOW Rox</p> <p>4:30 HIIT Mandy</p> <p>5:30 CYCLING Kelly</p> <p>6:00 YOGA Ann Marie</p>	27	<p>7:30 AWT Millie</p> <p>8:30 AWT Millie</p> <p>10:00 SSS Millie</p> <p>12:30 TOTAL BODY Vickie</p> <p>4:30 CYCLING Karen</p> <p>5:30 TOTAL BODY Danielle</p> <p>6:45 YOGA Karen</p>	28	<p>8:30 BODY DESIGN Vickie</p> <p>9:45 YOGA Karen</p> <p>12:00 H2o SHALLOW Karen</p> <p>12:30 HIIT Nicole</p>	29	<p>8:30 PEDAL & PUMP Danielle</p> <p>10:00—11:30 YOGA Kate</p>