



AUGUST 16TH - SEPTEMBER 26TH

SCHEDULE *Class*

Purple: Community Room

Red: Spin Room

Blue: Pool Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6am Spin w/ Paul 8 am Yoga w/ Erin 9am Zumba GOLD w/ Becky 10am Functional Fitness w/ Cathy	8am ZUMBA w/ Emily	6am Spin w/ Tim 8am Yoga w/ Erin 10am Functional Fitness w/ Lisa	8am ZUMBA w/ Emily 9am Pilates w/ Elaine	8am Pilates w/ Elaine 10am Take a Walk w/ Lisa	8am Spin w/Lisa Sept. 5 th & Sept. 19 th 9am Dance Fitness w/ Cari 10am Aqua Mix w/ Cari	
NOON							
PM	6:30 Dance Fitness w/ Cari	5:45pm Aqua Mix w/ Cari	6:30 Dance Fitness w/ Cari 6pm Spin w/ Lisa				