



May 24th - July 4th

SCHEDULE

Class

Purple: Community Room

Red: Spin Room

Blue: Pool Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AM	<p>6am Spin w/ Paul</p> <p>8 am Yoga w/ Erin</p> <p>9am Functional Fitness w/ Cathy</p>	<p>8am ZUMBA w/ Emily</p>	<p>6am Spin w/ Tim</p> <p>8am Yoga w/ Erin</p> <p>10am Functional Fitness w/ Lisa</p>	<p>8am ZUMBA w/ Emily</p> <p>9am Pilates w/ Elaine</p>	<p>6am Spin w/ Michelle / Paul</p> <p>8am Pilates w/ Elaine</p> <p>10am Take a Walk w/ Lisa</p>	<p>8am Spin June 6th June 20th w/ Lisa</p> <p>9am Dance Fitness w/ Cari</p>		
NOON								
PM	<p>5:30pm Move w/ Angie</p> <p>6:30 Dance Fitness w/ Cari</p> <p>6:30 Spin with Tim Ward</p>		<p>5:30pm AquaFit with Angie</p> <p>6:30 Dance Fitness w/ Cari</p> <p>6:30pm Spin w/ Lisa</p>					