AUGUST 2013-GROUP FITNESS ROOM									
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
through September 30 th -	Complimentary week passes are available at the Fitness Center desk! Bring a friend!		1 6am- Pure Strength w/ Sonya 8:30- Hi Lo Dance w/ Heather 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather	2 6am-Cardio Attack w/ Jody 8:30- Body Pump™ w/Roni 9:30-CORE & Stretch w/ Roni 12:15 pm — Forever Fit	8am- Kettlebells w/ Mel 9- Zumba® w/ Mel				
			5:30- Pure Strength w/ Meg 6:30- Yogafit w/ Cathy	w/ Janice	10- Yogafit w/Cathy				
	6 6am- Body Pump™ w/Jess B. 8:30- No Class 9:30- No Class 10:30- No Class	7 6am- Step w/ Roni 9:30- No Class 10:30- Integral Yoga w/ Dawn	8 6am- Pure Strength w/ Meg 8:30- No Class 9:30- No Class 10:30- No Class	9 6am- Bootcamp w/ Meg 8:30- Zumba® w/ Richelle 9:30- No Class	10 8am- Body Pump™ w/Jess B.				
12:15 pm – Forever Fit w/ Janice 4:30- Step & Sculpt w/ Deb 5:30- Body Combat™ w/Jess B.	4:30- Bootcamp w/ Meg 5:30- Body Pump™ w/Jess J. 6:30- Yogafit w/ Cathy	12:00pm: Chair Yoga w/ Dawn 4:30- HiLo Dance w/ Deb 5:30- Zumba® w/ Jess J.	4:00-No Class 5:30- Body Pump™ w/Jess B. 6:30- Yogafit w/ Cathy	12:15 pm - Forever Fit w/ Janice	9- Body Combat™ w/Jess B. 10- Yogafit w/Cathy				
12 8:30- HiLo Dance w/ Heather 10:30-Integral Yoga w/Dawn S.	13 6am- Cardio Attack w/ Jody 8:30 –Kettlebells w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather	14 6am- Body Pump™ w/Roni 9:30- No Class 10:30- Integral Yoga w/Dawn	15 6am-Zumba® w/Jess J. 8:30– Step & Glide w/ Heather 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather	16 6am- Body Combat™w/Jess B. 8:30- Body Pump™ w/Roni 9:30-CORE & Stretch w/ Roni	17 8am-Bootcamp w/ Mel				
12:15 pm – Forever Fit w/Janice 4:30- Bootcamp w/ Deb 5:30- Body Pump™ w/Jess J.	4:30- Pure Strength w/ Meg 5:30- Body Combat™ w/Jess B. 6:30- Yogafit w/ Deb	12:00pm: Chair Yoga w/ Dawn 4:30- Bodyweight Conditioning w/ Clayton 5:30- Body Pump™ w/Jess J.	4:00-No Class 5:30- Tabata w/ Richelle 6:30- Yogafit w/ Cathy	12:15 pm - Forever Fit w/Janice	9- HiLo Dance w/ Heather 10- No Class				
19 8:30- HiLo Dance w/ Heather 10:30 – Integral Yoga w/DawnS.	20 6am- Body Pump™ w/Jess J. 8:30-Pure Strength w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather	21 6am- Step & Shape w/ Sonya 9:30-HiLo & Glide w/ Janice 10:30-Integral Yoga w/Dawn	6am- Pure Strength w/ Meg 8:30- Step w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather	23 6am: Bootcamp w/ Sonya 8:30- Step & Sculpt w/ Roni 9:30- Yogafit w/ Jess H. 12:15 pm – No Class	24 8:30am- Booty Barre® w/ Jess H. 75 minutes				
12:15 pm – Forever Fit w/ Janice 4:30- Pure Strength w/ Meg 5:30- Body Pump™ w/Jess B.	4:30- Yogafit w/ Deb 5:30- Tabata w/ Richelle 6:30 – No Class	12:00pm: Chair Yoga w/ Dawn 4:30- Zumba® w/ Richelle 5:30- Body Combat™w/Jess B.	4:00- Gentle Yoga w/ Jess H. 5:30- Body Pump™ w/Jess J. 6:30- Yogafit w/Deb	12:15 pm – No Class	10- Yogafit w/Jess H.				
26 8:30am- HiLo Dance w/ Heather 10:30 – Integral Yoga w/DawnS. 12:15 pm - Forever Fit	27 6am- Step & Sculpt w/ Sonya 8:30- Kettlebells w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather	28 6am- Ball Blastw/ Sonya 9:30- Glide & CORE w/ Janice 10:30-Integral Yoga w/Dawn	29 6am- Body Pump™ w/Jess J. 8:30- Hi Lo Dance w/ Heather 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather	30 6am: Body Combat™ w/Jess B. 8:30- Pure Strength w/ Roni 9:30- Zumba® w/ Brittany 12:15 pm - Forever Fit w/ Janice	31 8am- Body Pump™ w/Jess J.				
w/Janice 4:30- Bootcamp w/ Meg 5:30- Body Pump™ w/Jess J.	4:30- Booty Barre® w/ Jess H. 5:30- Zumba® w/ Jess J. 6:30- Yogafit w/ Cathy	12:00pm: Chair Yoga w/ Dawn 4:30- Body Pump™ w/Jess B. 5:30- Body Combat™w/Jess B.	4:00- Gentle Yoga w/ Jess H. 5:30- Booty Barre® w/ Jess H. 6:30- Pilates w/ Jess H. \$5.00 fee	w, ounce	9- Zumba® w/ Jess J. 10- Yogafit w/ Cathy				

AUGUST 2013-SPIN® ROOM									
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
60 min SPIN® every	Complimentary week	90 minute ride with	1	2	3				
Sunday @ 11:15am:	passes are available at	Michelle on		Communities	9am-w/Cathy				
4 th : Erin	the Fitness Center		Noon SPIN w/ No Class	6am- w/Lis	gam-w/camy				
11 th : Erin	desk! Bring a friend!	Sunday, August	Noon SFIN W/ No Class						
18th: Michelle		18 th @ 11:15am!							
25 th : Cathy			5:30pm- w/ Cathy						
			Sigram up caming						
5	6	7	8	9	10				
6am- w/Lis		6am - w/Jody [']		6am- w/Lis					
					9am-w/ Jody				
	Noon SPIN w/ Cindy		Noon SPIN w/ Cindy						
	Noon SFIN W/ Cilidy								
6:30pm – w/ Jesse	(5.1	6:30pm – w/Cathy	5:30pm- w/ Jody						
	5:30pm- w/Cathy		3.30pm-w/ voug						
12	13	14	15	16	17				
6am- w/Lis	-	6am- w/Jody			(-, -				
				6am - w/ Lis	9am-w/Erin				
	Noon SPIN w/ Cindy		Noon SPIN w/ Cindy						
6:30pm – w/ Cathy	5:30pm -w/Cathy	6:30pm – w/Jesse	5:30pm -w/Jody						
	3.30pm- w/Cang		7 3						
19	20	21	22	23	24				
6am- w/Lis		6am- w/Jody		6am - w/ Lis	9am-w/Cathy				
				oun w/ Eis	yam w/ camy				
	Noon SPIN w/ Cindy		Noon SPIN w/ Cindy						
		6:30pm – w/Jesse							
6:30pm – w/Jesse	5:30pm- w/Jody	6:30pm – <i>W/Jesse</i>	5:30pm -w/Cathy						
26 6am - w/ Lis	27	28	29	30 6am- w/ Lis	31				
oun w/ Eis		6am- w/Jody		oun- w/ Lis	9am-w/Erin				
	Noon SPIN w/ Cindy		Noon SPIN w/ Cindy						
6:30pm – w/Jesse		(22 (C :1	5:30pm- w/Jody						
0.30pm w/00000	5:30pm -w/Cathy	6:30pm – w/Cathy	, ,						
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