

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

1		2 NEW 5:30p ZUMBA!		3 NEW FIRE at 5:15am		4 TURBO KICK 5:30p		5 NEW OPEN GYM at 5:35pm		6		7	
C 3:00p Cycle	Phillip	530a INTERVAL RUN	Ste/ Katie	B5:15a FIRE	Jaime/Des	A 5:30a Func Training	Ray	A 5:30a Bar & Burn	Jackie	T 5:00a TRX 45	Ray	C 8:30a Cycle	Julia
A 4:00p Body Xtreme	Ray	C 530a Race & Ripped	Zel	B 6:00a Yoga	Laura	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio AMRAPs	Mary Kat	5:30a Training Camp	Brenda	A 9:00a Tabata Step	Brenda
B 4:00p Happy Back Yoga	Debbie	B 8:00a Stretch Yoga	Dee	A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Julia	A 9:30a Active Aging	Delisa	B 8:00a Stretch Yoga	Dee	B 9:35a Yoga	Dee
<p><i>End Your Weekend With a WORKOUT!!!!!!</i></p> <p><i>3 great classes</i></p> <p><i>3 awesome instructors!!</i></p>		C 8:15a Cycle(60)	Leigh Anne	B 8:45a Power Yoga	Twila	A 8:30a Muscle Mix	Leigh Anne	B 9:35a BAR-lates	Jodie	C 8:15a Cycle	Julia	<p><b>Burn Off Those Wkd Calories! 8:30a Cycle!</b></p>	
		A 8:30a Training Camp	Ray	A 9:35a Bar and Burn	Carroll	A 9:35a Sculpt Lite	Ray	A 4:30p Cardio Chisel	Brenda	A 8:30a ZUMBA/POUND	Ray		
		A 9:35a Low Impact	Delisa	A 4:30p Functional Training	Ray	A 8:30a Muscle Mix	Leigh Anne	B 4:30p Yoga	Debbie	A 9:35a Low Impact	Mary Kat		
		B 9:40a Dynamic Flow	Juliet	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron	A 5:35p OPEN GYM	Travis	B 9:40a Dynamic Flow	Delisa		
		A 10:45a Active Aging	Sharon	B 5:30p Pilates	Jennifer	A 5:35p Turbo Kick	Mary Kat				Juliet		
		A 4:30p Muscle Mix	Brenda							A 5:30p BIKE BOX LIFT	Julia/Trav		
A 5:35p ZUMBA	Ashley												
C 5:45p Power Cycle													
8		9 NEW 5:30p ZUMBA!		10 NEW FIRE at 5:15am		11		12 NEW OPEN GYM at 5:35pm		13		14	
C 3:00p BIKE BOX LIFT	Trav/Julia	5:30a METRO MILERS	Ste/Katie	B 5:15a FIRE	Jaimie	A 5:15a P90X	Allison	A 5:30a Bar & Burn	Jackie	T 5:00a TRX 45	Allison	T 8:30a SOS	Jan
A 4:00p P90X	Zel	C 530a Race & Ripped	Zel	B 6:00a Yoga	Laura	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Leigh	5:30a Training Camp	Brenda	C 8:30a	Phillip
B 4:00p Yoga	Debbie	B 8:00a Stretch Yoga	Dee	A 8:30a Drills/TK/INSANITY	Ray	C 8:15a Cycle(45)	Julia	A 9:30a Active Aging	Delisa	B 8:00a Stretch Yoga	Dee	A 9:00a 30 TK/30 STEP	Richard
<p><b>This Sunday Has You Covered!!!</b></p>		C 8:15a Cycle(60)	Leigh	B 8:45a Power Yoga	Twila	A 8:30a Muscle Mix	Leigh Anne	B 9:35a BAR-lates	Jodie	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Paula
		A 8:30a OPEN GYM	Ray	A 9:35a Bar and Burn	Jackie	A 9:35a Sculpt Lite	Ray	A 4:30p Cardio Chisel	Brenda	B 4:30p Yoga	Debbie	A 8:30a RAYzing the Bar	Ray
		A 9:35a Low Impact	Delisa	A 4:30p Functional Training	Ray	A 4:30p Body Xtreme	Ray	A 5:35p OPEN GYM	Travis	A 9:35a Low Impact	Delisa	A 9:35a Low Impact	Delisa
		B 9:40a Dynamic Flow	Juliet	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron			B 9:40a Dynamic Flow	Twila	A 5:30p No class	
		A 10:45a Active Aging	Sharon	B 5:30p Pilates	Jennifer	A 5:35p ZUMBA	Danyalle						
		A 4:30p Muscle Mix	Leigh Anne										
A 5:35p ZUMBA	Ashley												
C 5:45p Power Cycle	Julia												
15		16 NEW 5:30p ZUMBA!		17		18 TURBO KICK 5:30p		19 NEW OPEN GYM at 5:35pm		20		21	
C 3:00p Cycle	Mary Kat	530a INTERVAL RUN	Ste/Katie	A 5:30a Crazy RAY!!	RAY	A 5:30a Functional Training	Ray	A 5:30a Bar and Burn	Jackie	T 5:00a TRX 45	Allison	C 8:30a Cycle	Ron
A 4:00p P90X	Brenda	C 530a Race & Ripped	Zel	B 6:00a Yoga	Laura	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio AMRAPs	Mary Kat	5:30a Training Camp	Brenda	A 9:00a 20/20	Mary Kat
B 4:00p Yoga	Dee	B 8:00a Stretch Yoga	Dee	A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle(45)	Julia	A 9:30a Active Aging	Delisa	B 8:00a Stretch Yoga	Dee	Step/Tabata/TK	
<p><b>Burn Off Those Wkd Calories! 4:00pm P90X!</b></p>		C 8:15a Cycle(60)	Leigh Anne	B 8:45a Power Yoga	Twila	A 8:30a Muscle Mix	Leigh Anne	B 9:35a BAR-lates	Jodie	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Debbie
		A 8:30a Training Camp	Ray	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 4:30p Cardio Chisel	Brenda	A 8:30a ZUMBA	Mary Kat	<p><b>9:35am Yoga w/Debbie!</b></p>	
		A 9:35a Low Impact	Hayden	A 4:30p Functional Training	Ray	A 9:35a Sculpt Lite	Ray	B 4:30p Yoga	Debbie	A 9:35a Low Impact	Hayden		
		B 9:40a Dynamic Flow	Juliet	(this class is limited to 8 ppl)		A 4:30p Body Xtreme	Ray	A 5:35p OPEN GYM	Travis	B 9:40a Dynamic Flow	Juliet		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron						
		A 4:30p Muscle Mix	Leigh Anne	B 5:30p Pilates	Jennifer	A 5:35p Turbo Kick	Mary Kat			A 5:30p BIKE BOX LIFT	Julia/Trav		
A 5:35p ZUMBA	Ashley												
C 5:45p OUTDOOR SPIN!	Julia												
22		23 NEW 5:30p ZUMBA!		24 NEW FIRE at 5:15am		25		26 NEW OPEN GYM at 5:35pm		27		28	
C 3:00p BIKE BOX LIFT	Trav/Julia	5:30a METRO MILERS	Ste/Katie	B 5:15a FIRE	Jaime/De	A 5:15a P90X	Allison	A 5:30a Bar & Burn	Jackie	T 5:00a TRX 45	Allison	T 6:00a METRO MILERS	Ste/Katie
A 4:00p FIRE	Desiree	C 5:30a Race and Ripped	Zel	B 6:00a Yoga	Laura	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Leigh Ann	5:30a Training Camp	Brenda	T 8:30a SOS	Jan
B 4:00 Yoga	Dee	B 8:00a Stretch Yoga	Dee	A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle	Julia	A 9:30a Active Aging	Delisa	B 8:00a Stretch Yoga	Dee	C 8:30a SPINBATA	Richard
<p><i>End Your Weekend With a WORKOUT!!!!!!</i></p> <p><i>3 great classes</i></p> <p><i>3 awesome instructors!!</i></p>		C 8:15a Cycle(60)	Leigh Anne	B 8:45a Power Yoga	Twila	A 8:30a Muscle Mix	Leigh Anne	B 9:35a BAR-lates	Jodie	C 8:15a Cycle (60)	Julia	A 9:00a Kettlebell/Step	Ray
		A 8:30a OPEN GYM	Ray	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 4:30p Cardio Chisel	Brenda	A 8:30 RAYzing the Bar	Ray	B 9:35a Yoga	Willemijn
		A 9:35a Low Impact	Hayden	A 4:30p Functional Training	Ray	A 9:35a Sculpt Lite	Ray	B 4:30p Yoga	Debbie	A 9:35a Low Impact	Delisa	<p><b>Begin Your Weekend With One SUPER WORKOUT</b></p>	
		B 9:40a Dynamic Flow	Juliet	B 5:30p Pilates	Jennifer	A 4:30p Body Xtreme	Ray	A 5:35p OPEN GYM	Travis	B 9:40a Dynamic Flow	Juliet		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron						
		A 4:30p Muscle Mix	Leigh Anne			A 5:35p ZUMBA	Danyalle						
A 5:35p ZUMBA STRONG	Ashley							A 5:30p Barre FIGHT	Ray				
C 5:45p Power Cycle	Julia												
29		30 NEW 5:30p ZUMBA!		31 HAPPY HALLOWEEN!!!									
C 3:00p Cycle	Zel	5:30a INTERVAL	Ste/Katie	B 5:15a FIRE	Jaime/Desiree	<p> <b>OCTOBER</b> </p>							
A 4:00p ZUMBAWEEN	Danyalle	C 5:30a R&R	Zel	B 6:00a Yoga	Laura								
Wear your costume!!	Ashley	B 8:00a Yoga	Dee	A 8:30a Turboween!	Mary Kat								
B 4:00p Yoga	Willemijn	C 8:15a Cycle	Leigh Anne	B 8:45a Power	Twila								
<p><b>END Your Weekend With One SUPER WORKOUT!</b></p>		A8:30a Training C	Ray	A 9:35a Bar & Burn	Jackie								
		A 9:35a Low Impact	Hayden	A 4:30p Mystery Mix????????	Ray								
		B 9:40a Dynamic	Juliet	A 5:35p Spooky Step	Brenda								
		A 10:45a Active	Sharon	B 5:30p Pilates	Jodie								
		A 4:30p Muscle Mix	Leigh Anne	Wear your costume	And enter to win								
		A 5:35p ZUMBA	Ashley	ONE PT session!									
C 5:45p Power	Julia												



**OCTOBER**



