

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# JUNE



<b>1 8:30a FIRE with Desiree</b>		<b>2</b>	
T 5:15a TRX 45	Kay	T 6:00a Milers	Ste/Katie
<b>5:30a Training Camp</b>	Julia	<b>C 8:30a Cycle</b>	Amy
B 8:00a Stretch Yoga	Dee	A 9:00a Turbo/Step	Mary Kat
<b>C 8:15a Cycle</b>	Julia	<b>B 9:35a Yoga</b>	Margree
<b>A 8:30 FIRE</b>	Desiree	<b>Burn Off Those Wkd Calories with TK/Step</b>	
A 9:35a Low Impact	Mary Kat		
B 9:40a Yoga	Lisa		
A5:00p Jungle Body	Angel		

<b>3</b>		<b>4</b>		<b>5 NEW CYCLE Plus 5:30am!</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>	
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<b>C 3:00p Cycle</b>	Amy	A 530a 30TK/ 30 Weights	Zel	<b>A 5:30a CYCLE Plus!</b>	Julia			A 5:30a Bar & Burn	Jackie			T9:00a SOS	Jan
A 4:00p Circuit Training	Julia	B 8:00a Stretch Yoga	Dee	<b>Spin and MORE</b>		A 5:15aFIRE	Jamie/Des	T 5:30a INTERVAL RUN	Ste/Katie	T 5:15a TRX 45	Kay	C 8:30a Cycle	Amy
		C 8:15a Cycle(60)	Leigh Anne	<b>A 8:30a Turbo Kick</b>	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	<b>A 5:30a Training Camp</b>	Brenda	A 9:00 Tabata Step	Brenda
B 4:00p Yoga	Dee	A 8:30a <b>20/20/20</b>	Jodie	<b>B 8:30a Power Yoga</b>	Amy	C 8:15a Cycle(45)	Mary Kat	B 9:00a Power Yoga	Amy	B 8:00a Stretch Yoga	Dee		
<b>Burn Off Those Wkd Calories! 4pm Circuits</b>		A 9:35a Low Impact	Mary Kat	A 9:35a Bar and Burn	Jodie	A 8:30a Muscle Mix	Leigh Anne	<b>A 9:30a Active Aging</b>	Jodie	C 8:15a Cycle (60)	Amy	<b>B 9:35a Yoga</b>	Paula
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Brenda	T 9:30a Bar-lates	No Class	<b>A 8:30a ZUMBA DUO</b>	MK/Dany	<b>START Your Weekend With One SUPER WORKOUT!</b>	
		A 10:45a <b>Active Aging</b>	Sharon	A 5:35p <b>Tabata Step</b>	Brenda	<b>A 4:30p BIKE BOX LIFT</b>	Julia/Travis	A 4:30p <b>SCULPT</b>	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Julia	B 5:30p <b>Pilates</b>	Jennifer	C 5:30p Cycle	Ron			B 9:40a Yoga	Lisa		
		<b>A 5:35p Turbo Kick/Step</b>	Mary Kat			<b>A 5:35p Turbo Kick</b>	Zel	<b>A 5:35p ZUMBA</b>	Mary Kat				
		C 5:45p Power Cycle	Julia										

<b>10</b>		<b>11 5:35pm FIRE!</b>		<b>12 NEW CYCLE Plus 5:30am!</b>		<b>13</b>		<b>14</b>		<b>15 8:30a FIRE with Desiree</b>		<b>16</b>	
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<b>C 3:00p Cycle</b>	Phillip	C 530a <b>30TK/30 Weights</b>	Zel	A 5:30 <b>CYCLE Plus!</b>	Julia			A 5:30a <b>Sculpt Lite</b>	Brenda	T 5:15a TRX 45	Kay	C 8:30a Cycle	Phillip
A 4:00p FIRE	Jamie.De	B 8:00a Stretch Yoga	Dee	<b>Spin and MORE</b>		A 5:15a FIRE	Jamie/Des	T 5:30a METRO MILERS	Ste/Katie	<b>A 5:30a Training Camp</b>	Brenda	A 9:00a Turbo Kick	Zel
B 4:00p Yoga	Willemijn	C 8:15a Cycle	Leigh Anne	A8:30a Turbo Kick	Zel	B 8:00a Yoga/Meditation	Dee	A8:30a <b>Cardio Meltdown</b>	Brenda	B 8:00a Stretch Yoga	Dee	B 9:35a Yoga	Willemijn
<b>Burn Off Those Wkd Calories! 4:00pm FIRE!</b>		A 8:30a <b>20/20/20</b>	Jodie	<b>B 8:30a Power Yoga</b>	M J	C 8:15a Cycle(45)	Julia	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Julia		
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Carroll	<b>A 8:30a Muscle Mix</b>	Leigh Anne	A 9:30a <b>Active Aging</b>	Jodie	<b>A 8:30a FIRE</b>	Desiree	<b>9:35am Yoga W/ Willemijn!</b>	
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Brenda	T 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
		A 10:45a <b>Active Aging</b>	No Class	(this class is limited to 8 ppl)		<b>A 4:30p BIKE BOX LIFT</b>	Julia/Trav	A 4:30p <b>SCULPT</b>	Brenda	B 9:40a Yoga	Lisa		
		A 4:30p Circuit Training	Julia	A 5:35p <b>Tabata Step</b>	Brenda	C 5:30p Cycle	Ron						
		<b>A 5:35p FIRE</b>	Desiree	<b>B 5:30p POWER YOGA</b>	Amy	<b>A 5:35p Turbo Kick</b>	Zel	A 5:35p <b>Tabata Blast</b>	Mia	<b>A5:00p Jungle Body</b>	Angel		
C 5:45p Power Cycle	Julia												

<b>17</b>		<b>18</b>		<b>19 NEW CYCLE Plus 5:30am!</b>		<b>20</b>		<b>21</b>		<b>22 20/20/20 at 5:30am!</b>		<b>23</b>	
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<b>C 3:00p Cycle</b>	Mary Kat	C 5:30a <b>30 TK/ 30 Weights</b>	Zel	A 5:30a <b>CYCLE Plus!</b>	Brenda			A 5:30a <b>Sculpt Lite</b>	Brenda	T 5:15a TRX 45	Kay		
<b>A 4:00p SCUPLT</b>	Brenda	B 8:00a Stretch Yoga	Dee	Spin and More		A 5:30a FIRE	Julia	T 5:30a INTERVAL RUN	Ste/Katie	<b>A 5:30a 20/20/20</b>	Mary Kat	T9:00a SOS	Jan
B 4:00 Yoga	Dee	<b>C 8:15a Cycle</b>	Leigh Anne	<b>A 8:30a Turbo Kick</b>	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a <b>Cardio Meltdown</b>	Brenda	B 8:00a Stretch Yoga	Dee	C 8:30a Cycle	Ron
<i>End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!</i>		A 8:30a <b>20/20/20</b>	Mary Kat	<b>B 8:30a Power Yoga</b>	M J	C 8:15a Cycle	Julia	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Julia	A 9:00a Tabata	Phillip
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Carroll	A 8:30a Muscle Mix	Leigh Anne	A 9:30a <b>Active Aging</b>	Jodie	<b>A 8:30a KB and BOXING</b>	MK/Travis	B 9:35a Pilates	Jennifer
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Brenda	T 9:30a Bar-lates	No Class	A 9:35a Low Impact	Mary Kat	<b>START Your Weekend With One SUPER WORKOUT!</b>	
		A 10:45a <b>Active Aging</b>	Mel	A 5:35p <b>Tabata Step</b>	Brenda	<b>C 4:30p BIKE BOX LIFT</b>	Travis/Julia	A 4:30p <b>SCULPT</b>	Brenda	B 9:40a Yoga	Laura		
		A 4:30p Circuit Training	Julia	B 5:30p <b>Pilates</b>	Jennifer	A 5:35p Turbo Kick	Zel						
		A 5:35p <b>Turbo Kick/Step</b>	Mary Kat			C 5:30p Cycle	Ron	A 5:35p <b>ZUMBA</b>	Mary Kat				
C 5:45p Power Cycle	Julia												

<b>24</b>		<b>25 5:35pm FIRE!</b>		<b>26 NEW CYCLE Plus 5:30am!</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
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<b>C 3:00p Cycle</b>	Amy	C 5:30a	Zel	A 5:30a <b>CYCLE Plus!</b>	Julia	A 5:15a FIRE	Jamie/Des	A 5:30a Bar and Burn	Jackie	T 5:15a TRX 45	Kay	C 8:30a Cycle	Zel
A 4:00p FIRE	Jamie/De	B 8:00a Stretch Yoga	Dee	<b>A 8:30a Turbo Kick</b>	Mary Kat	B 8:00a Yoga/Meditation	Dee	T 5:30a METRO MILERS	Ste/Kat	<b>A 5:30a Training Camp</b>	Brenda	A 9:00a Step	Brenda
B 4:00POWER YOGA	Amy	<b>C 8:15a Cycle</b>	Leigh Anne	<b>B 8:30a Power Yoga</b>	M J	C 8:15a Cycle	Julia	A8:30a <b>Cardio Meltdown</b>	Brenda	B 8:00a Stretch Yoga	Dee	B 9:35a Yoga	Willemijn
<b>END Your Weekend WORKOUT!</b>		A 8:30a <b>20/20/20</b>	Mary Kat	<b>B 8:30a Power Yoga</b>	M J	A 8:30a Muscle Mix	Leigh Ann	B 9:00a Power Yoga	Lisa	C 8:15a Cycle (60)	Julia		
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	A 9:35a Sculpt Lite	Mary Kat	A 9:30a <b>Active Aging</b>	Jodie	<b>A 8:30a ZUMBA</b>	MaryKat	<b>START Your Weekend With One SUPER WORKOUT!</b>	
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Mary Kat	T 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
		A 10:45a <b>Active Aging</b>	Sharon	A 5:35p <b>Tabata Step</b>	Brenda	<b>C 4:30p BIKE BOX LIFT</b>	Travis/Julia	A 4:30p <b>SCULPT</b>	Brenda	B 9:40a Yoga	Lisa		
		A 4:30p Circuit Training	Julia			A 5:35p Turbo Kick	Zel						
		<b>A 5:35p FIRE</b>	Desiree	<b>B 5:30p POWER YOGA</b>	Amy	C 5:30p Cycle	Ron	A 5:35p <b>Tabata Blast</b>	Mia	<b>A5:00p Jungle Body</b>	Angel		
C 5:45p Power	Julia												

