



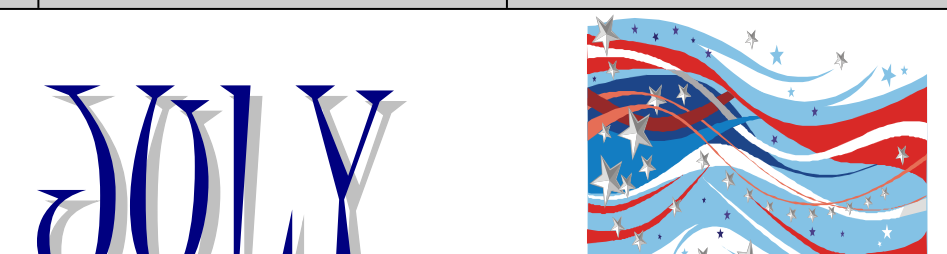
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1		2 USA SPIN at 8:15am!		3 NEW CYCLE Plus 5:30am!		4 CLUB CLOSED		5		6 8:30a BOXING and Kettlebells		7			
C 3:00p Cycle	Amy	A 530a 30TK/ 30 Weights	Zel	A 5:30a CYCLE Plus!	Julia			A 5:30a Sculpt Lite	Brenda	T 5:15a TRX 45	Kay	C 8:30a Cycle	Phillip		
A 4:00p Tabata Blast	Phillip	B 8:00a Stretch Yoga	Dee	Spin and MORE				T 5:30a METRO MILERS	Ste/Katie	5:30a Training Camp	Brenda	T 9:00a S O S	Jan		
B 4:00p Yoga	Laura	C 8:15a USA SPIN	Leigh Anne	A 8:30a Red, White and	MK&			A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	A 9:00a Circuit Training	Julia		
<p>This Sunday Has You Covered!!!</p>		A 8:30a FIRE	Desiree	BEASTMODE!	LA			B 9:00a Power Yoga	Amy	C 8:15a Cycle	Julia	B 9:35a Yoga	Lisa		
		A 9:35a Low Impact	Jodie	B 8:30a Power Yoga	M J			A 9:30a Active Aging	Jodie	A 8:30 BOXING & Kettlebells	Trav/MK				
		B 9:40a Yoga	Margree	A 9:35a Bar and Burn	Carroll			T 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda				
		A 10:45a Active Aging	Sharon	A 4:30p Functional Training	Julia			A 4:30p SCULPT	Brenda	B 9:40a Yoga	Lisa				
		A 4:30p Circuit Training	Julia	A 5:35p Red, White and	Mia			A 5:35p Tabata Blast	Mia						
		A 5:35p Turbo Kick/Step	Mary Kat	BEASTMODE!	Brenda					A5:00p Jungle Body	Angel				
		C 5:45p Power Cycle	Julia	B 5:30p Pilates	Jenn										

8		9 8:15a CYCLE PLUS!		10 NEW CYCLE Plus 5:30am!		11		12 ZUMBA at 5:35pm!		13 8:30a ZUMBA DUO!		14			
C 3:00p BIKE BOX LIFT	Julia/Tra	A 530a 30TK/ 30 Weights	Zel	A 5:30a CYCLE Plus!	Julia	<p>Burn Off Those Wkd Calories! 4pm FIRE!</p>		A 5:30a Bar & Burn	Jackie			C 8:30a Cycle	Julia		
A 4:00p FIRE	Jamie/De	B 8:00a Stretch Yoga	Dee	Spin and MORE				A 5:15a FIRE	Jamie/Des	T 5:30a INTERVAL RUN	Ste/Katie	No Class		C 8:30a Cycle	Julia
		C 8:15a CYCLE PLUS	Leigh Anne	A 8:30a Turbo Kick	Mary Kat			B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	A 5:30a Training Camp	Brenda	A 9:00 Turbo Kick	Mary Kat
B 4:00p Yoga	Dee	A 8:30a FIRE	Desiree	B 8:30a Power Yoga	M J			C 8:15a Cycle(45)	Julia	B 9:00a Power Yoga	Amy	B 8:00a Stretch Yoga	Dee		
<p>Burn Off Those Wkd Calories! 4pm FIRE!</p>		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie			A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Jodie	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Willemijn
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia			A 9:35a Sculpt Lite	Mary Kat	T 9:30a Bar-lates	No Class	A 8:30a ZUMBA DUO	Dany/MK		
		A 10:45a Active Aging	Jodie	A 5:35p Tabata Step	Brenda			A 4:30p BIKE BOX LIFT	Julia/Travis	A 4:30p SCULPT	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Julia	B 5:30p POWER YOGA	Amy			C 5:30p Cycle	Ron			B 9:40a Yoga	No Class		
		A 5:35p Turbo Kick/Step	Mary Kat					A 5:35p Turbo Kick	Zel	A 5:35p ZUMBA	Mary Kat				
		C 5:45p Power Cycle	Julia												

15 80's SPIN me right round!!		16		17 NEW CYCLE Plus 5:30am!		18		19		20 8:30a BOXING and Kettlebells		21 Training in Studio A			
C 3:00p 80's SPIN	Julia	C 530a Step and Sculpt	Jodie	A 5:30 CYCLE Plus!	Julia			A 5:30a Bar and Burn	No Class	T 5:15a TRX 45	Kay	T 6:00a Metro Milers	Ste/Katie		
A 4:00p P90X	Brenda	B 8:00a Stretch Yoga	Dee	Spin and MORE				A 5:15a FIRE	Jamie/Des	T 5:30a METRO MILERS	Ste/Katie	A 5:30a Training Camp	Mary Kat	C 8:30a Cycle	Zel
B 4:00p POWER YOGA	Amy	C 8:15a Cycle	Leigh Anne	A8:30a Turbo Kick	Mary Kat			B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Leigh A	B 8:00a Stretch Yoga	Dee	T 9:00a S O S	Jan
		A 8:30a FIRE	Desiree	B 8:30a Power Yoga	M J			C 8:15a Cycle(45)	Julia	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Julia	A 9:00a Training	No Class
		A 9:35a Low Impact	Brenda	A 9:35a Bar and Burn	Carroll			A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Jodie	A 8:30a BOXING & Kettlebells	Trav/MK	B 9:35a Yoga	Paula
		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	Jodie		
		A 10:45a Active Aging	Sharon	(this class is limited to 8 ppl)				A 4:30p BIKE BOX LIFT	Julia/Trav	A 4:30p SCULPT	Mary Kat	B 9:40a Yoga	Lisa		
		A 4:30p Circuit Training	Julia	A 5:35p Tabata Step	Brenda			C 5:30p Cycle	Ron						
		A 5:35p Turbo Kick/Step	Mary Kat	A 5:35p Turbo Kick	Jennifer			A 5:35p Turbo Kick	Mary Kat	A 5:35p Circuit Training	Travis				
		C 5:45p Power Cycle	Julia	B 5:30p Pilates											

22 3:00p CYCLE PLUS!		23 Summer Lovin!!!		24 NEW CYCLE Plus 5:30am!		25		26 ZUMBA at 5:35pm!		27 8:30a ZUMBA DUO!		28			
C 3:00p Cycle PLUS!	Mary Kat	C 5:30a 30 TK/ 30 Weights	Zel	A 5:30a CYCLE Plus!	Brenda	<p>End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!</p>		A 5:30a Sculpt Lite	Brenda	T 5:15a TRX 45	Kay	C 8:30a Cycle	Amy		
A 4:00p FIRE	Jamie/De	B 8:00a Stretch Yoga	Dee	Spin and More				A 5:30a FIRE	Jaime/Des	T 5:30a INTERVAL RUN	Ste/Katie	A 5:30a Training Camp	Brenda	C 8:30a Cycle	Amy
B 4:00 Yoga	Lisa	C 8:15a Beach SPIN	Leigh Anne	A 8:30a Turbo Kick	Mary Kat			B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	A 9:00a P90X	Brenda
<p>End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!</p>		A 8:30a Summer Lovin	Mary Kat	B 8:30a Power Yoga	M J			C 8:15a Cycle	Mary Kat	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Zel		
		Super STEP!	Jodie	A 9:35a Bar and Burn	Jodie			A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Lisa	A 8:30a ZUMBA DUO	Dany/MK	B 9:35a Pilates	Jennifer
		A 9:35a Low Impact	Jodie	A 4:30p Functional Training	Desiree			A 9:35a Sculpt Lite	Mary Kat	T 9:30a Bar-lates	No Class	A 9:35a Low Impact	Brenda		
		B 9:40a Yoga	Margree	A 5:35p Tabata Step	Brenda			C 4:30p BIKE BOX LIFT	Trav/MK	CHAIR YOGA		B 9:40a Yoga	Lisa		
		A 10:45a Active Aging	Sharon	B 5:30p POWER YOGA	Amy			A 5:35p Turbo Kick	Zel	A 4:30p SCULPT	Brenda				
		A 5:35p Summer	Mary Kat					C 5:30p Cycle	Ron	A 5:35p ZUMBA	Mary Kat	A5:00p Jungle Body	Angel		
		THROWDOWN Superclass	Desiree												
		90 min class	Brenda												

29		30		31 NEW CYCLE Plus 5:30am!									
C 3:00p Cycle	Phillip	C 5:30a 30 TK/30Weights	Zel	A 5:30a CYCLE Plus!	Brenda	<p>END Your Weekend WORKOUT!</p>							
A 4:00p SCULPT	Brenda	B 8:00a Stretch Yoga	Dee	A 8:30a Turbo Kick	Mary Kat								
B 4:00 Yoga	Margree	C 8:15a Cycle	Leigh Anne	B 8:30a Power Yoga	M J								
<p>END Your Weekend WORKOUT!</p>		A 8:30a 20/20/20	Mary Kat	A 9:35a Bar and Burn	Jackie								
		A 9:35a Low Impact	Jodie	A 4:30p Functional Training	Desiree								
		B 9:40a Yoga	Margree	A 5:35p Tabata Step	Brenda								
		A 10:45a Active Aging	Sharon										
		A 4:30p Circuit Training	Desiree										
		A 5:35p Turbo Kick/Step	Mary Kat	B 5:30p Pilates	Jennifer								
		C 5:45p Power	Amy										

