


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# AUGUST

		<b>1 5:15a TRX!</b>		<b>2 NEW AB Circuit at 5:35pm!</b>		<b>3</b>		<b>4</b>	
		T 5:15a TRX	Kay	A 5:30a Bar and Burn	Jackie	C 5:30a Cycle PLUS!	Mary K	C 8:30a Cycle	Phillip
		A 5:15a FIRE	Jamie/Des	T 5:30a METRO MILERS	Ste/Katie	B 8:00a Stretch Yoga	Dee	A 9:00a Step Intervals	Brenda
		B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	C 8:15a Cycle	Amy	B 9:35a Yoga	Margree
		C 8:15a Cycle(45)	Amy B	B 8:30a Power Yoga	Amy	A 8:30 Circuit Training	Brenda		
		A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Jodie	A 9:35a Low Impact	Brenda		
		A 9:35a Sculpt Lite	Mary Kat	B 9:30a Bar-lates	Carroll	B 9:40a Yoga	No Class		
		<b>A 4:30p BIKE BOX LIFT</b>	<b>LA/Trav</b>	<b>A 4:30p SCULPT</b>	<b>Brenda</b>				
		C 5:30p Cycle	Ron			A5:00p Jungle Body	Angel		
		<b>A 5:35p Turbo Kick</b>	Zel	<b>A 5:35p AB Circuit 30</b>	Ashley J				

Burn Off Those  
Wkd Calories  
with Step!

<p style="color: purple;">Burn Off Those Wkd Calories! 4pm FIRE!</p>		<b>5</b>		<b>6</b>		<b>7 5:30a Training Camp!</b>		<b>8 5:15a TRX!</b>		<b>9</b>		<b>10 BACK TO SCHOOL BLAST!</b>		<b>11</b>	
		C 3:00p Cycle	Mary Kat	A 5:30a 30TK/ 30 Weights	Zel	<b>A 5:30a Training Camp</b>	Brenda	T 5:15a TRX	Kay	A 5:30a Bar & Burn	Jackie	C 5:30a Cycle PLUS!	Mary Kat	C 8:30a Cycle	Zel
		A 4:00p FIRE	Jamie/De	B 8:00a Stretch Yoga	Dee			A 5:15a FIRE	Jamie/Des	T 5:30a INTERVAL RUN	Ste/Katie	B 8:00a Stretch Yoga	Dee	T 9:00a S O S	Jan
		B 4:00p Yoga	Dee	<b>C 8:15a CYCLE PLUS</b>	Leigh Anne	<b>A 8:30a Turbo Kick</b>	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda			<b>A 9:00 Tabata Blast</b>	Phillip
				A 8:30a FIRE	Desiree	<b>B 8:30a Power Yoga</b>	M J	C 8:15a Cycle(45)	Amy B	B 8:30a Power Yoga	Amy	B 8:00a Stretch Yoga	Dee		
				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)	Amy	<b>B 9:35a Yoga</b>	Willemijn
				B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Ashley J	A 9:35a Sculpt Lite	Brenda	B 9:30a Bar-lates	Carroll	<b>A 8:30a BACK TO SCHOOL</b>	Mary Kat		
				A 10:45a Active Aging	Sharon	<b>A 5:35p Tabata Step</b>	Brenda	<b>A 4:30p BIKE BOX LIFT</b>	<b>LA/Travis</b>	<b>A 4:30p SCULPT</b>	<b>Brenda</b>	<b>BLAST Cardio/Weights</b>	Leigh A		
				A 4:30p FIRE	Desiree			C 5:30p Cycle	Ron			A 9:35a Low Impact	Mary Kat		
				<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	B 9:40a Yoga	No Class		
		C 5:45p Power Cycle	Amy												

START Your Weekend  
With One SUPER  
WORKOUT!



		<b>12</b>		<b>13</b>		<b>14 5:30a Training Camp!</b>		<b>15 8:30a BIKER BAR!!</b>		<b>16 NEW AB Circuit at 5:35pm!</b>		<b>17 ZUMBA DUO 8:30a!!</b>		<b>18</b>	
		C 3:00p Cycle	Amy	<b>C 530a 30TK/ 30 Weights</b>	Zel	A 5:30 Training Camp	Brenda	T 5:15a TRX	Kay	A 5:30a Bar and Burn	Jackie	<b>A 5:30a Cycle PLUS!</b>	Mary Kat	T 6:00a Metro Milers	Ste/Katie
		A 4:00p Circuits	Brenda	B 8:00a Stretch Yoga	Dee			A 5:15a FIRE	Jamie/Des	T 5:30a METRO MILERS	Ste/Katie	B 8:00a Stretch Yoga	Dee	C 8:30a Cycle	Amy
		B 4:00p Yoga	Willemijn	C 8:15a Cycle	Leigh Anne	A8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	C 8:15a Cycle (60)	Amy	A 9:00a Turbo Kick	Zel
				A 8:30a FIRE	Desiree	<b>B 8:30a Power Yoga</b>	M J	C 8:15a Cycle(45)	Mary Kat	B 8:30a Power Yoga	Amy	<b>A 8:30a ZUMBA DUO</b>	MK/Dany	<b>B 9:35a Yoga</b>	Willemijn
				A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	<b>A 8:30a BIKER BAR</b>	LA/Jodie	A 9:30a Active Aging	Jodie	A 9:35a Low Impact	Brenda		
				B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Ashley J	Bike and Bar!		B 9:30a Bar-lates	Carroll	B 9:40a Yoga	Lisa		
				A 10:45a Active Aging	Sharon	<b>A 5:35p Tabata Step</b>	Brenda	A 9:35a Sculpt Lite	Mary Kat	A 4:30p SCULPT	Brenda				
				A 4:30p Circuit training	Desiree	B 5:30p Pilates	Jennifer	<b>A 4:30p BIKE BOX LIFT</b>	<b>LA/Travis</b>						
				<b>A 5:35p Turbo Kick/Step</b>	Mary Kat			C 5:30p Cycle	Ron	A 5:35p AB Circuit 30	Ashley J	A5:00p Jungle Body	Angel		
		C 5:45p Power Cycle	Amy			<b>A 5:35p Turbo Kick</b>	Zel								

Burn Off Those  
Wkd Calories!  
8:30a Cycle!

<p style="color: green;">End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!</p>		<b>19</b>		<b>20</b>		<b>21 5:30a Training Camp!</b>		<b>22 5:15a TRX!</b>		<b>23</b>		<b>24 BOX &amp; BELLS 8:30a!</b>		<b>25</b>	
		C 3:00p Cycle	Phillip	C 5:30a 30 TK/ 30 Weights	Zel	A 5:30a Training Camp	Brenda	T 5:15a TRX	Kay	A 5:30a Bar and Burn	Jackie			C 8:30a Cycle	Phillip
		A 4:00p INSANITY PLUS	Mary Kat	B 8:00a Stretch Yoga	Dee			A 5:15a FIRE	Jaime/Des	T 5:30a INTERVAL RUN	Ste/Katie	<b>A 5:30a Cycle PLUS!</b>	Mary Kat	T 9:00a S O S	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 Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	A 9:00 STRONG	Ashley G
				<b>A 8:30a FIRE</b>	Desiree	<b>B 8:30a Power Yoga</b>	MJ	C 8:15a Cycle	Mary Kat	B 8:30a Power Yoga	Amy	C 8:15a Cycle (60)	Mary Kat		
				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	<b>A 8:30a BOX &amp; BELLS</b>	LA/Travis	B 9:35a Yoga	Lisa
				B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Ashley J	A 9:35a Sculpt Lite	Mary Kat	B 9:30a Bar-lates	Carroll	A 9:35a Low Impact	Brenda		
				A 10:45a Active Aging	Sharon	<b>A 5:35p Tabata Step</b>	Brenda	<b>C 4:30p BIKE BOX LIFT</b>	<b>MK/Trav</b>	A 4:30p SCULPT	Brenda	B 9:40a Yoga	Lisa		
				A 4:30p FIRE	Desiree			A 5:35p Turbo Kick	Zel	<b>A 5:35p ZUMBA</b>	Mary Kat				
				<b>A 5:35p Turbo Kick/Step</b>	Mary Kat			C 5:30p Cycle	Ron			A5:00p Jungle Body	Angel		
		C 5:45p Power Cycle	Amy												

START Your Weekend  
With One SUPER  
WORKOUT!

<p style="color: blue;">END Your Weekend WORKOUT!</p>		<b>26</b>		<b>27</b>		<b>28 5:30a Training Camp!</b>		<b>29 5:15a TRX!</b>		<b>30 NEW AB Circuit at 5:35pm!</b>		<b>31 ZUMBA DUO 8:30a!!</b>		<b>32</b>	
		C 3:00p Cycle	Zel	C 5:30a 30 TK/30Weights	Zel			T 5:15a TRX	Kay	A 5:30a Bar and Burn	Jackie/Jac	<b>A 5:30a Cycle PLUS!</b>	Mary K		
		A 4:00p Tabata Blast	Phillip	B 8:00a Stretch Yoga	Dee	A 5:30a Training Camp	Brenda	A 5:15a FIRE	Jaime/Des	T 5:30a METRO MILERS	Ste/Katie	B 8:00a Stretch Yoga	Dee		
		B 4:00 Yoga	Lisa	<b>C 8:15a Cycle</b>	Leigh Anne	<b>A 8:30a Turbo Kick</b>	Mary Kat	B 8:00a Yoga	Dee	A8:30a Cardio Meltdown	Brenda	C 8:15a Cycle (60)	Amy		
				A 8:30a FIRE	Desiree	<b>B 8:30a Power Yoga</b>	MJ	C 8:15a Cycle	Mary Kat	B 8:30a Power Yoga	Amy	<b>A 8:30a ZUMBA DUO</b>	MK/Dan		
				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	A 9:35a Low Impact	Brenda		
				B 9:40a Yoga	Margree	A 4:30p FIT CAMP	Ashley J	A 9:35a Sculpt Lite	Mary Kat	B 9:30a Bar-lates	Carroll	B 9:40a Yoga	Lisa		
				A 10:45a Active Aging	Sharon	<b>A 5:35p Tabata Step</b>	Brenda	<b>C 4:30p BIKE BOX</b>	<b>MK/Trav</b>	A 4:30p SCULPT	Brenda				
				A 4:30p Circuit Training	Desiree			A 5:35p Turbo Kick	Zel	A 5:35p AB Circuit 30	Ashley J				
				<b>A 5:35p Turbo Kick/Step</b>	Mary Kat	<b>B 5:30p Pilates</b>	Jennifer	C 5:30p Cycle	Ron						
		C 5:45p Power	Amy												

