

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1		2		3		4 5:30p PILATES		5		6	
C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle Leigh Anne A 8:30a FIRE Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Laura A 10:45a Active Aging Sharon A 4:30p Circuit training Desiree A 5:35p Turbo Kick/Step Mary Kat C 5:45p Power Cycle Amy B		A 5:30a Training Camp Brenda A 8:30a Turbo Kick Mary Kat B 8:30a Power Yoga Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda		A 5:15a FIRE Jaime/Des B 8:00a Yoga Paula C 8:15a Cycle(45) Mary Kat A 8:30a Muscle Mix Leigh Ann A 9:35a Sculpt Lite Mary Kat A 4:30p BIKE BOX LIFT MK/Travis C 5:30p Cycle Ron A 5:35p Turbo Kick Zel		A 5:30a Bar & Burn Jackie T 5:30a INTERVAL RUN Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Laura A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 5:30p Pilates Paula A 5:35p ZUMBA Mary Kat		A 5:15a TRX Kay C 5:30a Cycle PLUS! Mary Kat B 8:00a Stretch Yoga Dee C 8:15a Cycle Amy A 8:30a ZUMBA DUO MK/Dany A 9:35a Low Impact Brenda B 9:40a Yoga Lisa A5:00p Jungle Body Angel		C 8:30a Cycle Zel A 9:00 Tabata Sculpt Brenda 30 Tabata/ 30 Sculpt B 9:35a Yoga Lisa	



This Saturday Has You Covered!!!

7		8		9		10		11 5:30p PILATES		12 FIT CAMP 5:30AM!!!!		13	
C 3:00p Cycle Amy A 4:00p FIRE Jamie/De B 4:00p Yoga Margree		C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle Leigh Anne A 8:30a FIRE Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p FIRE Desiree A 5:35p Turbo Kick Zel C 5:45p Power Cycle Amy B		A 5:30a Training Camp Brenda A 8:30a Turbo Kick Mary Kat B 8:30a Power Yoga Paula A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda B 5:30p Pilates Jennifer		A 5:15a FIRE Jamie/Des B 8:00a Yoga Paula C 8:15a Cycle(45) Mary Kat A 8:30a Muscle Mix Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p BIKE BOX LIFT Amy/Travis C 5:30p Cycle Ron A 5:35p Turbo Kick Zel		A 5:30a Bar & Burn Jackie T 5:30a INTERVAL RUN Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Lisa A 9:30a Active Aging Jodie B 9:30a Bar-lates No class A 4:30p SCULPT Brenda B 5:30p Pilates Paula A 5:35p AB Circuit 30 Ashley		A 5:15a TRX Kay C 5:30a FIT CAMP Ashley J B 8:00a Stretch Yoga Dee C 8:15a Cycle Amy A 8:30a SCULPT 60 Brenda A 9:35a Low Impact Brenda B 9:40a Yoga Lisa		C 8:30a Cycle Amy T 9:00a S O S Jan A 9:00a Tabata Blast Phillip B 9:35a Yoga Paula	

Burn Off Those Wkd Calories 4pm FIRE!

START Your Weekend With One SUPER WORKOUT!

14		15		16		17		18 5:30p PILATES		19		20	
C 3:00p Cycle Julia A 4:00p Kettlebell Drills Mary kat B 4:00p Yoga Dee		C 530a 30TK/ 30 Weights Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle PLUS Leigh Anne A 8:30a FIRE Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p Circuit training Desiree A 5:35p Turbo Kick/Step Mary Kat C 5:45p Power Cycle Amy B		A 5:30 Training Camp Brenda A8:30a Turbo Kick Mary Kat B 8:30a Power Yoga Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda		A 5:15a FIRE Jamie/Des B 8:00a Yoga Paula C 8:15a Cycle(45) Mary Kat A 8:30a Muscle MIX Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p BIKE BOX LIFT MK/Travis C 5:30p Cycle Ron A 5:35p Turbo Kick Zel		A 5:30a Bar and Burn Jackie T 5:30a METRO MILERS Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Amy A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 5:30p Pilates Paula A 5:35p AB Circuit 30 Ashley		A 5:15a TRX Kay A 5:30a Cycle PLUS! Mary Kat B 8:00a Stretch Yoga Dee C 8:15a Cycle (60) Amy A 8:30a ZUMBA DUO MK/Dany A 9:35a Low Impact Mary Kat B 9:40a Yoga Lisa A5:00p Jungle Body Angel		T 6:00a Metro Milers Ste/Katie C 8:30a Cycle Phillip A 9:00a P90X Brenda B 9:35a Yoga Willemijn	

4pm Yoga w/Dee!!

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

21		22		23		24		25 5:30p PILATES		26		27	
C 3:00p Cycle Zel A 4:00p Tabata Blast Phillip B 4:00 Yoga Willemijn		C 5:30a 30 TK/ 30 Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle Leigh Anne A 8:30a FIRE Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p FIRE Desiree A 5:35p Turbo Kick/Step Mary Kat C 5:45p Power Cycle Amy B		A 5:30a Training Camp Brenda A 8:30a Turbo Kick Mary Kat B 8:30a Power Yoga Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda		A 5:15a FIRE Jaime/Des B 8:00a Yoga Paula C 8:15a Cycle Mary Kat A 8:30a Muscle Mix Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p BIKE BOX LIFT Amy/Travis A 5:35p Turbo Kick Zel C 5:30p Cycle Ron		A 5:30a Bar and Burn Jackie T 5:30a INTERVAL RUN Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Amy A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda A 8:30a ZUMBA Mary Kat B 5:30p Pilates Paula		A 5:15a TRX Kay A 5:30a Cycle PLUS! Mary Kat B 8:00a Stretch Yoga Dee C 8:15a Cycle (60) Amy A 8:30a SCULPT 60 Brenda A 9:35a Low Impact Brenda B 9:40a Yoga Lisa		C 8:30a Cycle Amy T 9:00a S O S Jan A 9:00 FIT CAMP Ashley J B 9:35a Yoga Margree	

End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!

9:35am Yoga w/ Margree!

28		29 5:35p GLOW TURBO!		30		31 HAPPY HALLOWEEN!							
C 3:00p Cycle Phillip A 4:00p 20/20/20 Brenda B 4:00 Yoga Dee		C 5:30a 30 TK/30Weights Zel B 8:00a Stretch Yoga Dee C 8:15a Cycle Leigh Anne A 8:30a FIRE Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p Circuit Training Desiree A 5:35p GLOW TURBO! Mary Kat C 5:45p Power Amy		A 5:30a Training Camp Brenda A 8:30a Turbo Kick Mary Kat B 8:30a Power Yoga Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda B 5:30p Pilates Jennifer		A 5:15a FIRE Jaime/Des B 8:00a Yoga Paula C 8:15a Spooky Spin Mary Kat A 8:30a MuscleMayhem Leigh Anne A 9:35a Sculpt Lite Mary Kat C 4:30p BIKE BOX Amy/Travis A 5:35p TurboWEEN! Zel C 5:30p Spooky Spin Ron							

END Your Weekend WORKOUT!

OCTOBER 

