

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 Reduced Schedule		2 Club Hours 7a-1p		3		4		5		6 TAILGATE PARTY!		7	
C 3:00p Cycle 45 and 15 min weight circuit	Mary Kat	C 8:30a Cycle	Shanice	C 5:30a PELOTON cycle		A 5:15a FITCAMP	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Shanice
B 4:00p Yoga	Margree	A 9:00a Turbo Kick	Zel	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	T 5:30a METRO MILERS	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a 20/20/20	Brenda
 <p>Have A Safe and happy Labor Day!</p>				A 8:30a Cardio Glide	Nicole	C 8:15a Cycle 45	Mary Kat	C 5:30a PELOTON cycle		B 8:00a Stretch Yoga 90	Dee	T 9:00 S.O.S	Jan
		B 8:30a Power Yoga	Hannah	A 8:30a Muscle Mix	Leigh Anne	A 8:30a Cardio Meltdown	Brenda	C 8:15a Gridiron Cycle (60)	Amy	B 9:35a Yoga	Lisa		
		C 9:00a PELOTON cycle		A 9:35a Bar and Burn	Jackie	A 9:35a Sculpt Lite	Mary Kat	B 8:30a Power Yoga	Hannah	A 8:30a GRIDIRON GANG!	LA/Erin		
		A 4:30p FIT CAMP	Erin	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		Wear your team colors!	MK	A 9:35a Low Impact	Brenda		
		B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	A 9:30a Bar-lates	Jodie	A 9:35a Yoga	Lisa	A 10:30a Tai Chi	Peggy		
		A 5:35p Tabata Step	Brenda			B 4:30p Yoga	Paula						
				B 5:35p Pilates	Paula								
				A 5:35p FIT CAMP	Erin								

8		9		10		11		12		13		14	
C 3:00p Cycle	Zel	C 530a 30 TK/ 30 Weights	Zel	C 5:30a PELOTON cycle		A 5:15a FITCAMP	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Zel
B 4:00p Yoga	Dee	B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Dee	T 5:30a METRO MILERS	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a KETTLEBELLS	Phillip
<p><i>End Your Weekend With a WORKOUT!!!!!!</i></p> <p><i>2 great classes</i></p> <p><i>2 awesome instructors!!</i></p>		C 8:15a Cycle	Leigh Anne	A 8:30a Cardio Glide	Nicole	C 8:15a Cycle 45	Amy	C 5:30a PELOTON cycle		B 8:00a Stretch Yoga 90	Dee	B 9:35a Yoga	Paula
		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Hannah	A 8:30a Muscle Mix	Leigh Anne	A 8:30a Cardio Meltdown	Brenda	C 8:15a Cycle (60)	Amy		
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Mary Kat	B 8:30a Power Yoga	Hannah	F 8:15a Func Training	Leigh Ann		
		B 9:40a Yoga	Margree	A 9:35a ZUMBA	Erin	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		A 8:30a ZUMBA	Mary Kat		
		A 4:30p Strength Circuit	Brenda	A 4:30p FIT CAMP	Erin	C 5:30p Cycle	Shanice	A 9:30a Bar-lates	Jodie	A 9:35a Low Impact	Brenda		
		A 5:35p Turbo Kick/Mix	Mary Kat	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	A 4:30 30 Cardio/30 Sculpt	Brenda	B 9:35a Yoga	Lisa		
		C 5:45p Power Cycle	Amy B	A 5:35p Tabata Step	Brenda			B 4:30p Yoga	Paula	A 10:30a Tai Chi	Peggy		
								B 5:35p Pilates	Paula				
								A 5:35p FIT CAMP	Mary Kat	A5:15p Jungle Body	Angel		

15		16		17		18		19		20		21 SUPER SATURDAY!	
C 3:00p Cycle	Amy	C 530a 30 TK/ 30 Weights	Zel	C 5:30a PELOTON cycle		A 5:15a FITCAMP	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Amy
B 4:00p Yoga	Dee	B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga	Margree	T 5:30a METRO MILERS	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a Super Saturday	MK/Phillip
<p>Put A Spin On Your Sunday 3pm Cycle With Amy !</p>		C 8:15a Cycle	Leigh Anne	A 8:30a Cardio Glide	Nicole	C 8:15a Cycle(45)	Mary Kat	C 5:30a PELOTON cycle		B 8:00a Stretch Yoga 90	Dee	TK/Insanity/Zumba/Pilate	Erin/Jodie
		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Hannah	A 8:30a Muscle MIX	Leigh Anne	A 8:30a Cardio Meltdown	Brenda	C 8:15a Cycle (60)	Shanice	T 9:00 S.O.S	Jan
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Delisa	B 8:30a Power Yoga	Hannah	F 8:15 TRX	Jodie	B 9:35a Yoga	Lisa
		B 9:40a Yoga	Margree	A 9:35a Bar and Burn	Jackie	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		A 8:30a ZUMBA	MK/Erin	<p>START Your Weekend With One SUPER WORKOUT!</p>	
		A 4:30p Strength Circuit	Brenda	A 4:30p FIT CAMP	Erin	C 5:30p Cycle	Shanice	A 9:30a Bar-lates	Jodie	A 9:35a Low Impact	Brenda		
		A 5:35p Turbo Kick	Mary Kat	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	A 4:30 30 Cardio/30 Sculpt	Brenda	B 9:35a Yoga	Lisa		
C 5:45p Power Cycle	Amy B	A 5:35p Tabata Step	Brenda			B 4:30p Yoga	Paula	A 10:30a Tai Chi	No Class				
						B 5:35p Pilates	Paula						
						A 5:35p FIT CAMP	Erin						

22		23		24 5:35pm ZUMBA!!!!		25		26		27		28	
C 3:00p Cycle	Shanice	C 5:30a 30 TK/ 30	Zel	C 5:30a PELOTON cycle		A 5:15a FITCAMP	Ste/Katie	A 5:30a Bar and Burn	Jackie	T 5:15a TRX	Kay	C 8:30a Cycle	Shanice
B 4:00p Yoga	Willemijn	B 8:00a Stretch Yoga 90	Dee	A 5:30a SCULPT	Brenda	B 8:00a Yoga 90	Margree	T 5:30a METRO MILERS	Ste/Katie	T 6:30a TRX 101	Kay	A 9:00a P90X	Phillip
<p>This Sunday Has You Covered!!!</p>		C 8:15a Cycle	Leigh Anne	A 8:30a Cardio Glide	Nicole	C 8:15a Cycle 45	Mary Kat	C 5:30a PELOTON cycle		B 8:00a Stretch Yoga 90	Dee	B 9:35a Yoga	Willemijn
		A 8:30a 20/20/20	Mary Kat	B 8:30a Power Yoga	Hannah	A 8:30a Muscle Mix	Leigh Anne	A 8:30a Cardio Meltdown	Brenda	C 8:15a Cycle (60)	Shanice	<p>9:35am Yoga w/Willemijn I</p>	
		A 9:35a Low Impact	Jodie	C 9:00a PELOTON cycle		A 9:35a Sculpt Lite	Delisa	B 8:30a Power Yoga	Hannah	T 8:15a Func Training	Leigh Ann		
		B 9:40a Yoga	Margree	A 9:35a ZUMBA	Erin	A 4:30p BOX INTERVALS	Travis	C 9:00a PELOTON cycle		A 8:30a ZUMBA	MK/Erin		
		A 4:30p Strength Circuit	Brenda	A 4:30p FIT CAMP	Mary Kat	C 5:30p Cycle	Shanice	A 9:30a Bar-lates	Jodie	A 9:35a Low Impact	Brenda		
		A 5:35p Turbo Kick/Mix	Zel	B 4:30p Pilates	Jodie	A 5:35p Turbo Kick	Zel	A 4:30 30 Cardio/30 Sculpt	Brenda	B 9:35a Yoga	No Class		
		C 5:45p Power Cycle	Phillip	A 5:35p ZUMBA	Erin			B 4:30p Yoga	Paula	A 10:30a Tai Chi	Peggy		
								B 5:35p Pilates	Paula				
								A 5:35p FIT CAMP	Mary Kat	A5:15p Jungle Body	Angel		

C 3:00p Cycle	Amy	C 5:30a 30 TK/ 30	Zel
B 4:00p Yoga	Willemijn	B 8:00a Stretch Yoga 90	Dee
		C 8:15a Cycle	Leigh Anne
		A 8:30a 20/20/20	Mary Kat
		A 9:35a Low Impact	Jodie
		B 9:40a Yoga	Margree
		A 4:30p Strength Circuit	Brenda
		A 5:35p Turbo Kick/Mix	Mary Kat

SEPTEMBER