


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		<b>1 NEW 9:35 CORE CLASS!</b>	<b>2 5:30a Functional Training!</b>	<b>3 8:15a Power Yoga with David</b>	<b>4 HIIT &amp; RUN at 8:15a with MK!</b>	<b>5 NEW 8AM BOOTCAMP!</b>
		A 5:30a SCULPT <b>Brenda</b>	A 5:30a Functional Training Ste/Katie	A 5:30a Bar and Burn No Class	T 5:15a TRX Kay	<b>A 8am BOOTCAMP</b> Katie
		A 8:30a Turbo Kick <b>Mary K</b>	B 8:00a Yoga 90 Margree	<b>T 5:30a BOOTCAMP</b> Ste/Katie	T 6:30a TRX 101 Kay	<b>C 8:30a Spin Mashup!</b> Zel
		<b>B 9:35a Core Conditioning 30</b> Mary Kat	C 8:15a Cycle(45) Mary Kat	<b>B 8:15a Power Yoga</b> David	B 8:00a Stretch Yoga 90 Dee	<b>Country vs Hip Hop</b>
		<b>B 8:30a Dynamic Flow</b> Rebecca	<b>A 8:30a Muscle MIX</b> Leigh Anne	<b>A8:30a STEP IT UP</b> Brenda	<b>C 8:15a Cycle (60)</b> Emily	<b>B 9:35a Yoga</b> Willemijn
		A 9:35a Bar and Burn Delisa	A 9:35a Sculpt Lite Mary Kat	A 9:35a BAR-Lates Jodie	<b>A 8:15a HIIT &amp; RUN</b> Mary Kat	
		<b>A 1:05p Tai Chi</b> No Class	A 4:30p <b>BOX INTERVALS</b> Travis	A 4:30p Cardio BLAST Brenda	B 9:35a Yoga Paula	
		A 4:30p FIT CAMP Katie	<b>C 5:30p Cycle</b> Emily	B 4:30p Pilates Paula	A 10:30a Tai Chi No Class	
		A 5:35p 20/20/20 Brenda	A 5:35p Turbo Kick Zel	B 5:35p Yoga Paula		
			A 5:35p <b>ZUMBA 45</b> Mary Kat			

9:35am Yoga  
w/Willemijn!

<b>6 Reduced Schedule</b>	<b>7 Labor Day hours 7am-1pm</b>	<b>8 NEW 9:35 CORE CLASS!</b>	<b>9 5:30a Functional Training!</b>	<b>10 8:15a Power Yoga with David</b>	<b>11 NEW 9:35 CORE CLASS!</b>	<b>12 NEW AM BOOTCAMP!</b>
<b>B 4:00p Yoga</b> Dee	<b>A 8:15a Cycle+BOOTCAMP</b> Phillip & Katie	A 5:30a SCULPT Brenda	A 5:30a Functional Training Ste/Katie	A 5:30a Bar and Burn Jackie	T 5:15a TRX Kay	<b>A 8am BOOTCAMP</b> Emily
<p style="color:blue; font-size:2em; font-weight:bold;">4:00pm Yoga with Dee!</p>	<p style="color:blue; font-size:2em; font-weight:bold;">Have A Safe and happy Labor Day!</p>	A 8:30a Turbo Kick Mary Kat	B 8:00a Yoga 90 Margree	<b>T 5:30a BOOTCAMP</b> Ste/Katie	T 6:30a TRX 101 Kay	<b>C 8:30a Cycle</b> Phillip
		<b>B 8:30a Dynamic Flow</b> Rebecca	C 8:15a Cycle(45) Mary Kat	<b>B 8:15a Power Yoga</b> David	B 8:00a Stretch Yoga 90 Dee	<b>T 9:00a SOS</b> Jan
		<b>B 9:35a Core Conditioning 30</b> Mary Kat	<b>A 8:30a Muscle MIX</b> Leigh Anne	<b>A8:30a STEP IT UP</b> Brenda	<b>C 8:15a Cycle (60)</b> Emily	<b>B 9:35a Yoga</b> Paula
		A 9:35a Bar and Burn Delisa	A 9:35a Sculpt Lite Mary Kat	A 9:35a BAR-Lates Jodie	<b>A 8:15a Func Training</b> Leigh A	
		<b>A 1:05p Tai Chi</b> No Class	A 4:30p <b>BOX INTERVALS</b> Travis	A 4:30p Cardio BLAST Brenda	A 9:35a Core Conditioning 30 Leigh A	
		A 4:30p FIT CAMP Emily	<b>C 5:30p Cycle</b> Phillip	B 4:30p Pilates Paula	B 9:35a Yoga Margree	
		A 5:35p 20/20/20 Brenda	A 5:35p Turbo Kick Zel	B 5:35p Yoga Paula	A 10:30a Tai Chi No Class	
				<b>A 5:35p Full Body Strength And Conditioning</b> Mary Kat	A5:15p Jungle Body Angel	

START Your Weekend  
With One SUPER  
WORKOUT!

<b>13</b>	<b>14</b>	<b>15 NEW 9:35 CORE CLASS!</b>	<b>16 5:30a Functional Training!</b>	<b>17 8:15a Power Yoga with David</b>	<b>18 NEW 9:35 CORE CLASS!</b>	<b>19 NEW 8AM BOOTCAMP!</b>	
<b>C 3:00p Cycle</b> Amy	<b>C 530a 30TK/ 30 Weights</b> Zel	A 5:30a SCULPT Brenda	A 5:30a Functional Training Ste/Katie	A 5:30a Bar and Burn Jackie	T 5:15a TRX Kay	<b>A 8am BOOTCAMP</b> Katie	
<b>B 4:00p Yoga</b> Willemijn	B 8:00a Stretch Yoga 90 Dee	A8:30a Turbo Kick Mary Kat	B 8:00a Yoga 90 Margree	<b>T 5:30a BOOTCAMP</b> Ste/Katie	T 6:30a TRX 101 Kay	<b>C 8:30a Cycle</b> Amy	
<p style="color:red; font-size:1.2em;">End Your Weekend With a <b>WORKOUT!!!!!!</b>  2 great classes 2 awesome instructors!!</p>	<p style="color:orange; font-size:1.5em; font-weight:bold;">Put A Spin On Your Saturday 8:30a <u>Cycle</u> With Amy!</p>	<b>C 8:15a Endurance Ride!</b> Leigh A	<b>B 8:30a Dynamic Flow</b> Rebecca	<b>B 8:15a Power Yoga</b> David	B 8:00a Stretch Yoga 90 Dee	<b>T 9:00a SOS</b> Jan	
		A 8:30a <b>FULL BODY CONDITIONING</b> Mary Kat	<b>B 9:35a Core Conditioning 30</b> Mary Kat	<b>A 8:30a Muscle MIX</b> Leigh Anne	<b>A8:30a STEP IT UP</b> Brenda	<b>C 8:15a Cycle (60)</b> Emily	<b>B 9:35a Yoga</b> Margree
		A 9:35a Low Impact Jodie	<b>A 9:35a Bar and Burn</b> Jackie	A 9:35a Sculpt Lite Delisa	A 9:35a BAR-Lates Jodie	<b>A 8:15a Func Training</b> Leigh A	
		B 9:35a Yoga Margree	<b>A 1:05p Tai Chi</b> No Class	A 4:30p <b>BOX INTERVALS</b> Travis	A 4:30p Cardio BLAST Brenda	A 9:35a Core Conditioning 30 Brenda	
		A 4:30p Strength Circuit Brenda	A 4:30p FIT CAMP Katie	<b>C 5:30p 80's Rock Spin!</b> Emily	B 4:30p Pilates Paula	B 9:35a Yoga Willemijn	
		<b>A 5:35p Turbo Kick</b> Mary Kat	A 5:35p Cardio Step Brenda	A 5:35p Turbo Kick Zel	B 5:35p Yoga Paula	A 10:30a Tai Chi No Class	
		C 5:45p Power Cycle Amy			A 5:35p <b>ZUMBA 45</b> Mary Kat		

<b>20</b>	<b>21</b>	<b>22 NEW 9:35 CORE CLASS!</b>	<b>23 5:30aFunctional Training!</b>	<b>24 HIIT &amp; RUN at 5:35p with MK!</b>	<b>25 NEW 9:35 CORE CLASS!</b>	<b>26 NEW 8am BOOTCAMP!</b>	
<b>A 4:00p HIIT &amp; RUN</b> Mary Kat	<b>C 530a 30TK/ 30 Weights</b> Zel	A 5:30a SCULPT Brenda	A 5:30a Functional Training Ste/Katie	A 5:30a Bar and Burn Jackie	T 5:15a TRX Kay	<b>A 8am BOOTCAMP</b> Zel	
<b>B 4:00p Yoga</b> Dee	B 8:00a Stretch Yoga 90 Dee	A8:30a Turbo Kick Mary Kat	B 8:00a Yoga 90 Margree	<b>T 5:30a BOOTCAMP</b> Ste/Katie	T 6:30a TRX 101 Kay	<b>C 8:30a Cycle</b> Phillip	
<p style="color:blue; font-size:1.5em; font-weight:bold;">This Sunday Has You Covered!!!</p>		<b>C 8:15a "The Movies" Spin</b> LeighAnne	<b>B 8:30a Dynamic Flow</b> Rebecca	<b>B 8:15a Power Yoga</b> David	B 8:00a Stretch Yoga 90 Dee	<b>B 9:35a Yoga</b> Willemijn	
		A 8:30a <b>FULL BODY CONDITIONING</b> Mary Kat	<b>B 9:35a Core Conditioning 30</b> Mary Kat	<b>A 8:30a Muscle MIX</b> Leigh Anne	<b>A8:30a STEP IT UP</b> Brenda	<b>C 8:15a FOOTBALL SPIN!</b> Emily	
		A 9:35a Low Impact Jodie	<b>A 9:35a Bar and Burn</b> Jackie	A 9:35a Sculpt Lite Delisa	A 9:35a BAR-Lates Jodie	<b>A 8:15a GRIDIRON GANG!</b> LA & MK	
		B 9:35a Yoga Margree	<b>A 1:05p Tai Chi</b> Peggy	A 4:30p <b>BOX INTERVALS</b> Travis	A 4:30p Cardio BLAST Brenda	A 9:35a Core Conditioning 30 Mary Kat	
		A 4:30p Strength Circuit Brenda	A 4:30p FIT CAMP Emily	<b>C 5:30p Cycle</b> Phillip	B 4:30p Pilates Paula	B 9:35a Yoga Paula	
		<b>A 5:35p Turbo Kick</b> Mary Kat	A 5:35p Tabata Step Brenda	A 5:35p Turbo Kick Zel	B 5:35p Yoga Paula	A 10:30a Tai Chi Peggy	
		C 5:45p Power Cycle Amy			<b>A 5:35p HIIT &amp; RUN</b> Mary Kat		
						A5:15p Jungle Body Angel	

<b>27</b>	<b>28</b>	<b>29 NEW 9:35 CORE CLASS!</b>	<b>30 5:30aFunctional Training!</b>	S E P T E M B E R		
<b>C 3:00p Cycle</b> Amy	<b>C 530a 30TK/ 30 Weights</b> Zel	A 5:30a SCULPT Brenda	A 5:30a FIT CAMP Ste/Katie			
<b>B 4:00p Yoga</b> Margree	B 8:00a Stretch Yoga 90 Dee	A8:30a Turbo Kick Mary Kat	B 8:00a Yoga 90 Margree			
	<b>C 8:15a Cycle</b> Leigh A	<b>B 8:30a Dynamic Flow</b> Rebecca	C 8:15a Cycle(45) Mary Kat			
	A 8:30a <b>FULL BODY COND</b> Mary Kat	<b>B 9:35a Core Conditioning 30</b> Mary Kat	<b>A 8:30a Muscle MIX</b> Leigh A			
	A 9:35a Low Impact Jodie	<b>A 9:35a Bar and Burn</b> Jackie	A 9:35a Sculpt Lite Delisa			
	9:35a Yoga Margree	<b>A 1:05p Tai Chi</b> Peggy	A 4:30p <b>BOX INTERVALS</b> Travis			
	A 4:30p Strength Circuit Brenda	A 4:30p FIT CAMP Katie	<b>C 5:30p Cycle</b> Emily			
	<b>A 5:35p Turbo Kick</b> Mary Kat	A 5:35p Cardio Step Brenda	A 5:35p Turbo Kick Zel			

