

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
2	3	4	5	6	7	8
		9:30 - 10:30 AM Easy Adult Fitness <i>Dolores</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Dolores</i>		9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Turf/Track Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>	
	5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
9	10	11	12	13	14	15
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Turf/Track Interval <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Cardio/Core <i>Josie</i>	
	5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Kickboxing <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
16	17	18	19	20	21	22
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i>	
	5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Shay</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	
23	24	25	26	27	28	29
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	
	1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>	
	5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:30 PM 60 Min Spin Special <i>Josie, Suzie & Shay</i>	5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	
30	31					
	12:15 - 12:45 PM Spin <i>Josie</i>					
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout <i>Gloria</i>					
	5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i>					