

MON		TUE		WED		THU		FRI	
1		2		3		4		5	
NO CLASSES		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		NO CLASSES	
		12:15 - 12:45 PM Core Workout <i>Josie</i>		12:15 - 12:45 PM Yoga <i>Josie</i>		12:15 - 12:45 PM Get Ripped <i>Shelly</i>			
		1:00 - 2:00 PM Light Adult Fitness Cardio Mix <i>Josie</i>				1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</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 Step Into Fitness <i>Cindy</i>			
8		9		10		11		12	
		9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		NO CLASSES	
12:15 - 12:45 PM Spin <i>Zirkia</i>		12:15 - 12:45 PM Core Workout <i>Shelly</i>		12:15 - 12:45 PM Stretch Class <i>Zirkia</i>		12:15 - 12:45 PM Get Ripped <i>Suzie</i>			
		1:00 - 2:00 PM Light Adult Fitness Track 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>Kerri</i>		5:30 - 6:00 PM 30 Min Spin <i>Shelly</i>		5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>			
15		16		17		18		19	
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		NO CLASSES	
12:15 - 12:45 PM Spin <i>Suzie</i>		12:15 - 12:45 PM Core Workout <i>Shelly</i>		12:15 - 12:45 PM Yoga <i>Suzie</i>		12:15 - 12:45 PM Get Ripped <i>Suzie</i>			
		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Half Strength - Half Yoga <i>Suzie</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>Shelly</i>			
22		23		24		25		26	
		9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		NO CLASSES	
12:15 - 12:45 PM Spin <i>Josie</i>		12:15 - 12:45 PM Core Workout <i>Suzie</i>		12:15 - 12:45 PM Yoga <i>Josie</i>		12:15 - 12:45 PM Get Ripped <i>Suzie</i>			
		1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Pilates <i>Gloria</i>			
5:30 - 6:20 PM Speed Walk & Weights <i>Suzie</i>		5:30 - 6:20 PM Yoga <i>Josie</i>		5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>		5:30 - 6:20 PM Get Ripped <i>Zirkia</i>			
29		30		31					
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</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 Yoga <i>Suzie</i>					
		1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</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>					