

| SUN |  | MON   |  | TUE  |  | WED  |  | THU   |  | FRI  |  | SAT  |  |
|-----|--|---|--|--|--|--|--|---|--|--|--|--|--|
|     |  |   |  |  |  |  |  |   |  | 1  |  | 2  |  |
|     |  |   |  |  |  |  |  |   |  | 12:15 - 12:45 PM<br><b>Yoga</b><br><i>Josie</i>                                  |  | <u>NO CLASSES</u>  |  |
|     |  |   |  |  |  |  |  |   |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Track Interval</b><br><i>Zirkia</i>     |  |  |  |
|     |  |   |  |  |  |  |  |   |  | 5:30 - 6:20 PM<br><b>Get Ripped</b><br><i>Zirkia</i>                             |  |  |  |
| 3   |  | 4   |  | 5  |  | 6  |  | 7   |  | 8  |  | 9  |  |
|     |  |   |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i>    |  |  |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i> |  |  |  | 9:30 - 10:20 AM<br><b>Power Walk &amp; Weights</b><br><i>Cindy</i> |  |
|     |  | 12:15 - 12:45 PM<br><b>Spin</b><br><i>Suzie</i>                                     |  | 12:15 - 12:45 PM<br><b>Core Workout</b><br><i>Suzie</i>          |  | 12:15 - 12:45 PM<br><b>Track/Turf Interval</b><br><i>Shelly</i>                    |  | 12:15 - 12:45 PM<br><b>Get Ripped</b><br><i>Josie</i>         |  | 12:15 - 12:45 PM<br><b>Yoga</b><br><i>Suzie</i>                                  |  |  |  |
|     |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Urban Poling</b><br><i>Gloria</i>          |  |  |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Spin Interval</b><br><i>Zirkia</i>        |  |   |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Ripped &amp; Yoga</b><br><i>Suzie</i>   |  |  |  |
|     |  | 5:30 - 6:00 PM<br><b>Speed Walk &amp; Weights</b><br><i>Zirkia</i>                  |  | 5:30 - 6:20 PM<br><b>Yoga</b><br><i>Suzie</i>                    |  | 5:30 - 6:00 PM<br><b>30 Min Spin</b><br><i>Suzie</i>                               |  | 5:30 - 6:20 PM<br><b>Step Into Fitness</b><br><i>Cindy</i>    |  | 5:30 - 6:20 PM<br><b>Strength Core &amp; Balance</b><br><i>Cindy</i>             |  |  |  |
| 10  |  | 11  |  | 12   |  | 13   |  | 14  |  | 15   |  | 16   |  |
|     |  |   |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i>    |  |  |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i> |  |  |  | 9:30 - 10:20 AM<br><b>Power Walk &amp; Weights</b><br><i>Cindy</i> |  |
|     |  | <u>NO CLASSES</u>   |  | 12:15 - 12:45 PM<br><b>Core Workout</b><br><i>Suzie</i>          |  | 12:15 - 12:45 PM<br><b>Track/Turf Interval</b><br><i>Josie</i>                     |  | 12:15 - 12:45 PM<br><b>Get Ripped</b><br><i>Suzie</i>         |  | 12:15 - 12:45 PM<br><b>Yoga</b><br><i>Josie</i>                                  |  |  |  |
|     |  |   |  |  |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Toned &amp; Stretch</b><br><i>Zirkia</i>  |  |   |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Zumba</b><br><i>Zirkia</i>              |  |  |  |
|     |  |   |  |  |  | 5:30 - 6:20 PM<br><b>Yoga</b><br><i>Josie</i>                                      |  | 5:30 - 6:00 PM<br><b>30 Min Spin</b><br><i>Suzie</i>          |  | 5:30 - 6:20 PM<br><b>Body Sculpt</b><br><i>Cindy</i>                             |  | 5:30 - 6:20 PM<br><b>Get Ripped</b><br><i>Zirkia</i>               |  |
| 17  |  | 18  |  | 19   |  | 20   |  | 21  |  | 22   |  | 23   |  |
|     |  |   |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i>    |  |  |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i> |  |  |  | 9:30 - 10:20 AM<br><b>Power Walk &amp; Weights</b><br><i>Cindy</i> |  |
|     |  | 12:15 - 12:45 PM<br><b>Spin</b><br><i>Suzie</i>                                     |  | 12:15 - 12:45 PM<br><b>Core Workout</b><br><i>Josie</i>          |  | 12:15 - 12:45 PM<br><b>Track/Turf Interval</b><br><i>Suzie</i>                     |  | 12:15 - 12:45 PM<br><b>Get Ripped</b><br><i>Suzie</i>         |  | 12:15 - 12:45 PM<br><b>Yoga</b><br><i>Josie</i>                                  |  |  |  |
|     |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Yoga</b><br><i>Gloria</i>                  |  |  |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Ripped &amp; Spin</b><br><i>Suzie</i>     |  |   |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Ripped &amp; Cardio</b><br><i>Suzie</i> |  |  |  |
|     |  | 5:30 - 6:20 PM<br><b>Speed Walk &amp; Weights</b><br><i>Cindy</i>                   |  | 5:30 - 6:20 PM<br><b>Strength &amp; Stretch</b><br><i>Shelly</i> |  | 5:30 - 6:00 PM<br><b>30 Min Spin</b><br><i>Suzie</i>                               |  | 5:30 - 6:20 PM<br><b>Kickboxing</b><br><i>Cindy</i>           |  | 5:30 - 6:20 PM<br><b>Strength Core &amp; Balance</b><br><i>Cindy</i>             |  |  |  |
| 24  |  | 25  |  | 26   |  | 27   |  | 28  |  | 29   |  | 30   |  |
|     |  |   |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i>    |  |  |  | 9:30 - 10:30 AM<br><b>Easy Adult Fitness</b><br><i>Gloria</i> |  |  |  | 9:30 - 10:20 AM<br><b>Power Walk &amp; Weights</b><br><i>Cindy</i> |  |
|     |  | 12:15 - 12:45 PM<br><b>Spin</b><br><i>Josie</i>                                     |  | 12:15 - 12:45 PM<br><b>Core Workout</b><br><i>Josie</i>          |  | 12:15 - 12:45 PM<br><b>Track/Turf Interval</b><br><i>Shelly</i>                    |  | 12:15 - 12:45 PM<br><b>Get Ripped</b><br><i>Shelly</i>        |  | 12:15 - 12:45 PM<br><b>Yoga</b><br><i>Kerri</i>                                  |  |  |  |
|     |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Pound Rockout Workout</b><br><i>Gloria</i> |  |  |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Ripped &amp; Stretch</b><br><i>Zirkia</i> |  |   |  | 1:00 - 2:00 PM<br><b>Light Adult Fitness Track Interval</b><br><i>Zirkia</i>     |  |  |  |
|     |  | 5:30 - 6:20 PM<br><b>Speed Walk &amp; Weights</b><br><i>Zirkia</i>                  |  | 5:30 - 6:20 PM<br><b>Yoga</b><br><i>Josie</i>                    |  | 5:30 - 6:00 PM<br><b>30 Min Spin</b><br><i>Shelly</i>                              |  | 5:30 - 6:20 PM<br><b>Step Into Fitness</b><br><i>Cindy</i>    |  | 5:30 - 6:20 PM<br><b>Get Ripped</b><br><i>Zirkia</i>                             |  |  |  |