

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:30 - 10:20 AM Power Walk & Weights Cindy
2	3 12:15 - 12:45 PM Spin Josie 1:00 - 2:00 PM Light Adult Fitness Pilates Gloria 5:30 - 6:20 PM Speed Walk & Weights Zirkia	4 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Core Workout Suzie 5:30 - 6:20 PM Yoga Josie	5 12:15 - 12:45 PM Track/Turf Interval Josie 1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia 5:30 - 6:00 PM 30 Min Spin Josie	6 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Get Ripped Josie 5:30 - 6:20 PM Bosu Basics Cindy	7 No Classes	8 No Classes
9	10 No Classes	11 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Core Workout Suzie 5:30 - 6:20 PM Yoga Suzie	12 12:15 - 12:45 PM Track/Turf Interval Josie 1:00 - 2:00 PM Light Adult Fitness Yoga Gloria 5:30 - 6:00 PM 30 Min Spin Josie	13 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Get Ripped Suzie 5:30 - 6:20 PM Body Sculpt Cindy	14 12:15 - 12:45 PM Yoga Josie 1:00 - 2:00 PM Light Adult Fitness Zumba Gloria 5:30 - 6:20 PM Get Ripped Shelly	15 No Classes
16	17 12:15 - 12:45 PM Spin Suzie 1:00 - 2:00 PM Light Adult Fitness Transform Gloria 5:30 - 6:20 PM Speed Walk & Weights Zirkia	18 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Core Workout Josie 5:30 - 6:20 PM Yoga Suzie	19 12:15 - 12:45 PM Track/Turf Interval Suzie 1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia 5:30 - 6:00 PM 30 Min Spin Josie	20 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Get Ripped Josie 5:30 - 6:20 PM Body Weight Workout Cindy	21 12:15 - 12:45 PM Yoga Suzie 1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia 5:30 - 6:20 PM Get Ripped Zirkia	22 9:30 - 10:20 AM Power Walk & Weights Cindy
23/30	24 12:15 - 12:45 PM Spin Josie 1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria 5:30 - 6:20 PM Speed Walk & Weights Zirkia	25 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Core Workout Suzie 5:30 - 6:20 PM Yoga Josie	26 12:15 - 12:45 PM Track/Turf Interval Josie 1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia 5:30 - 6:00 PM 30 Min Spin Suzie	27 9:30 - 10:30 AM Easy Adult Fitness Gloria 12:15 - 12:45 PM Get Ripped Suzie 5:30 - 6:20 PM Kickboxing Cindy	28 12:15 - 12:45 PM Yoga Josie 1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia 5:30 - 6:20 PM Strength Core & Balance Cindy	29 9:30 - 10:20 AM Power Walk & Weights Cindy