

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>12:15 - 12:45 PM Spin <i>Suzie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i></p> <p>5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i></p>	<p>2</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Core Workout <i>Josie</i></p> <p>5:30 - 6:20 PM Yoga <i>Suzie</i></p>	<p>3</p> <p>12:15 - 12:45 PM Track/Turf Interval <i>Suzie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Zirkia</i></p> <p>5:30 - 6:00 PM 30 Min Spin <i>Josie</i></p>	<p>4</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Get Ripped <i>Josie</i></p> <p>5:30 - 6:20 PM Bosu Basics <i>Cindy</i></p>	<p>5</p> <p>12:15 - 12:45 PM Yoga <i>Suzie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Pilates <i>Gloria</i></p> <p>5:30 - 6:20 PM Get Ripped <i>Zirkia</i></p>	<p>6</p> <p>9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i></p>
	<p>8</p> <p>12:15 - 12:45 PM Spin <i>Josie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Zumba <i>Gloria</i></p> <p>5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i></p>	<p>9</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Core Workout <i>Suzie</i></p> <p>5:30 - 6:20 PM Yoga <i>Josie</i></p>	<p>10</p> <p>12:15 - 12:45 PM Track/Turf Interval <i>Shelly</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch <i>Zirkia</i></p> <p>5:30 - 6:00 PM 30 Min Spin <i>Suzie</i></p>	<p>11</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i></p> <p>12:15 - 12:45 PM Get Ripped <i>Shelly</i></p> <p>5:30 - 6:20 PM Body Sculpt <i>Cindy</i></p>	<p>12</p> <p>12:15 - 12:45 PM Yoga <i>Suzie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i></p> <p>5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i></p>	<p>13</p> <p>9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i></p>
	<p>15</p> <p>12:15 - 12:45 PM Spin <i>Suzie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</i></p> <p>5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i></p>	<p>16</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Core Workout <i>Josie</i></p> <p>5:30 - 6:20 PM Yoga <i>Suzie</i></p>	<p>17</p> <p>12:15 - 12:45 PM Track/Turf Interval <i>Suzie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i></p> <p>5:30 - 6:00 PM 30 Min Spin <i>Josie</i></p>	<p>18</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Get Ripped <i>Josie</i></p> <p>5:30 - 6:20 PM Body Weight workout <i>Cindy</i></p>	<p>19</p> <p>12:15 - 12:45 PM Yoga <i>Suzie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Transform <i>Gloria</i></p> <p>5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i></p>	<p>20</p> <p style="text-align: center;">No Classes</p>
	<p>22</p> <p style="text-align: center;">No Classes</p>	<p>23</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Core Workout <i>Suzie</i></p> <p>5:30 - 6:20 PM Yoga <i>Josie</i></p>	<p>24</p> <p>12:15 - 12:45 PM Track/Turf Interval <i>Josie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i></p> <p>5:30 - 6:00 PM 30 Min Spin <i>Suzie</i></p>	<p>25</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Get Ripped <i>Suzie</i></p> <p>5:30 - 6:20 PM Kickboxing <i>Cindy</i></p>	<p>26</p> <p>12:15 - 12:45 PM Yoga <i>Josie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch <i>Zirkia</i></p> <p>5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i></p>	<p>27</p> <p>9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i></p>
	<p>29</p> <p>12:15 - 12:45 PM Spin <i>Josie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout <i>Gloria</i></p> <p>5:30 - 6:20 PM Speed Walk & Weights <i>Zirkia</i></p>	<p>30</p> <p>9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i></p> <p>12:15 - 12:45 PM Core Workout <i>Suzie</i></p> <p>5:30 - 6:20 PM Yoga <i>Josie</i></p>	<p>31</p> <p>12:15 - 12:45 PM Track/Turf Interval <i>Josie</i></p> <p>1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i></p> <p>5:30 - 6:00 PM 30 Min Spin <i>Suzie</i></p>			