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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Spin Pump</b> 6:15-7:00am Helen	<b>Sunrise Cycling</b> 6:15-7:00am Lynn	<b>Tour de Tabata Spin</b> 6:15-7:00am Heidi	<b>Sunrise Cycling</b> 6:15-7:00am Helen	TRX Boot Camp 6:15-7:15am in <b>GYM</b> Helen	Yoga 9:10-10:10am Mary/Julie
	Aqua Aerobics 8:30-9:30am <b>POOL</b> Helen	Morning Thunder 6:15-7:00am Tiffany	Boot Camp 6:15-7:15am Helen	Power Pilates 6:15-7:00am Tiffany	Aqua Aerobics 8:30-9:30am <b>POOL</b> Helen	Aero Kick 10:15-11:30am Fay
	Deep Stretch Flow 8:30-9:30am Michelle	<b>Spin Pump</b> 7:15-8:00am Lynn	TRXpresso 8:30-9:15am in <b>GYM</b> Tiffany	<b>Indoor Cycling</b> 7:15-8:00am Helen	Butts and Guts 8:30-9:30am Kerri	
	Zumba 8:30-9:30am <b>GYM</b> Laurie	Energy Xtreme 9:00-10:00am Fay	Aqua Aerobics 8:30-9:30am <b>POOL</b> Helen	Step 8:00-9:00am Laurie	Fitness Orientation 8:30-9:30am on <b>CB</b> Michelle	
	TRX Basics 9:30-10:15am in <b>GYM</b> Laurie	Power Tone 10:30-11:30am Laurie	Step 8:30-9:30am Laurie	Energy Xtreme 9:00-10:00am Fay	Yin Yoga 9:30-10:30am Michelle	<b>Sunday</b>
	Beginning Fitness 9:30-10:30am Michelle	On the Ball 12:00-1:00pm Helen	Fitness Orientation 8:30-9:30am on <b>CB</b> Michelle	Yoga 10:30-11:30am Laurie	TRX Circuit 9:30-10:30am in <b>GYM</b> Tiffany	<b>No Kids Under 16 permitted in Fitness classes.</b>
	Fitness Orientation 10:30-11:30am on <b>CB</b> Michelle	<b>Indoor Cycling</b> 4:00-4:45pm Helen	Beginning Fitness 9:30-10:30am Michelle	On the Ball 12:00-1:00pm Helen	Mtn Valley Yoga*** 10:30-11:15am <b>Red Mtn Room</b> Michelle	
	Mtn Valley*** 10:30-11:15am Helen	SuperDoubleStep 4:30-5:30pm Fay	TRX Tone 9:30-10:15am in <b>GYM</b> Laurie	<b>Indoor Cycling</b> 4:00-4:45pm Helen	Zumba 10:30-11:30am Laurie	
	Classic Mat Pilates 12:00-1:00pm Tiffany	Yoga 5:30-6:30pm Lauren	<b>Indoor Cycling</b> 9:30-10:15am Tiffany	DanceStep 4:30-5:30pm Fay	<b>Indoor Cycling</b> 12:00-12:45pm Helen	
	Quiet Riot 4:30-5:30pm Kerri	Zumba 6:30-7:30pm Veronica	Mtn Valley*** 10:30-11:15am Helen	Yoga 5:30-6:30pm Lauren	Total Body Tone 12:00-1:00pm Michelle	
	Aqua Mat Bootcamp 5:30-6:30pm <b>POOL</b> Heidi	Floating Lotus Yoga 6:45-7:45pm <b>POOL</b> Lauren	Rockin' Vinyasa 12:00-1:00pm Michelle	Zumba 6:30-7:30pm Jenny	Latin Dance 7:00-9:00pm Ricardo	<b>*** Special Needs Private Class</b>
	KickDance 5:30-6:30pm Fay		Quiet Riot 4:30-5:30pm Kerri	Floating Lotus Yoga 6:45-7:45pm <b>POOL</b> Lauren		<b>Kid Kare Available During These Classes</b>
	<b>Tour de Tabata Spin</b> 6:30-7:15pm Heidi		DanceKick 5:30-6:30pm Fay			
	Latin Dance 7:00-9:00pm Ricardo		Aqua Mat Bootcamp 5:30-6:30pm <b>POOL</b> Heidi			

