



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> 	<p>2</p> <p>7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 CYCLING Vickie 5:30 BODY DESIGN Vickie 6:45 YOGA Jamie</p>	<p>3</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 5:30 YOGA Millie</p>	<p>4</p> <p>7:30AWT Millie 8:30 AWT Millie 8:30 H2o DEEP Rox 10:00 SSS Millie 12:30 CORE CYCLING Beth 4:30 CYCLING Danielle 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>5</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW (vary)</p>	<p>6</p> <p>8:30 PEDAL & PUMP Danielle 10:00 YOGA Camp Kate</p>
<p>7</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 YOGA Jamie</p>	<p>8</p> <p>7:30 AWT Millie 8:30 AWT Millie 8:30 H2o SHALLOW Rox 10:00 SSS Millie 12:30 CORE CYCLING Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>9</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 5:30 YOGA Kate</p>	<p>10</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP Rox 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Vickie 6:45 YOGA Jamie</p>	<p>11</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA Karen 12:30 HIIT Nicole 12:00 H2o SHALLOW (vary)</p>	<p>12</p> <p>8:30 PEDAL & PUMP Karen 10:00 YOGA Camp Kate</p>	<p>13</p>
<p>14</p> <p>8:30 TRIPLE TREAT Karen 9:45 YOGA Kate 12:30 TOTAL BODY Karen 1:00 H2o DEEP Cancelled 1:45 H2o SHALLOW Cancelled 4:30 HIIT Mandy 5:30 TABATA SCULPT Danielle 6:30 YOGA Jamie</p>	<p>15</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o SHALLOW Rox 10:00 SSS Vickie 12:30 CORE CYCLING Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Karen 6:45 YOGA Jamie</p>	<p>16</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Danielle 5:30 YOGA Millie</p>	<p>17</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP Rox 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>18</p> <p>8:30 BODY DESIGN Vickie 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW (vary)</p>	<p>19</p> <p>8:30 PEDAL & PUMP Nicole 10:00 YOGA Camp Kate</p>	<p>20</p>
<p>21</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Nicole 5:30 CYCLING Danielle 5:30 TABATA SCULPT Vickie 6:30 YOGA Jamie</p>	<p>22</p> <p>7:30 AWT Millie 8:30 AWT Millie 8:30 H2o SHALLOW Rox 10:00 SSS Millie 12:30 CORE CYCLING Millie 4:30 CYCLING Mandy 5:30 BODY DESIGN Vickie 6:45 YOGA Jamie</p>	<p>23</p> <p>8:30 CORE COND. & MORE Karen 9:45 YOGA Karen 12:30 TOTAL BODY Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Millie 5:30 YOGA Vickie</p>	<p>24</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP Rox 10:00 SSS Vickie 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>25</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 HIIT Nicole 12:00 H2o SHALLOW (vary)</p>	<p>26</p> <p>8:30 PEDAL & PUMP Mandy 10:00 YOGA Camp Kate</p>	<p>27</p>
<p>28</p> <p>8:30 TRIPLE TREAT Karen 9:45 YOGA Karen 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Millie 5:30 TABATA SCULPT Danielle 6:30 YOGA Jamie</p>	<p>29</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW Rox 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 CYCLING Nicole 5:30 BODY DESIGN Millie 6:45 YOGA Jamie</p>	<p>30</p> <p>8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Danielle 5:30 CYCLING Millie 5:30 YOGA Vickie</p>	<p>YOGA CAMP Saturdays @ 10:00</p> <p>Back to Basics- 10 progressive sessions of yoga poses and breathing exercises. Basics for beginners. Review and refinement for intermediate practitioners.</p>  <p>PURE STRENGTH Wednesdays @ 4:30</p> <p>Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!</p>			