





Sun	Mon	Tue	Wed	Thu	Fri	Sat						
						8:30 PEDAL N PUMP Karen 1 10:00 YOGA Karen						
2	8:30 TRIPLE TREAT Vickie 9:45 YOGA Vickie 12:30 TOTAL BODY Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Karen 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Karen	3	 4	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 OUT OF BOUNDS Karen 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Millie 5:30 YOGA Karen	5	8:30 AWT Karen 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 CYCLING Nicole 5:30 BODY DESIGN Vickie 6:45 YOGA Ann Marie	6	7	8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole	8	8:30 PEDAL N PUMP Ann Marie 10:00 YOGA Ann Marie	
9	8:30 TRIPLE TREAT Millie 9:45 YOGA Millie 12:30 TOTAL BODY Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Vickie 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Mandy 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Vickie	10	8:30 AWT Vickie 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Vickie 4:30 HIIT/UPPER BODY Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Ann Marie	11	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 OUT OF BOUNDS Nicole 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Danielle 5:30 YOGA Millie	12	8:30 AWT Vickie 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	13	14	8:30 BODY DESIGN Ann Marie 9:45 YOGA Vickie 12:30 HIIT/UPPER BODY Nicole	15	8:30 PEDAL N PUMP Mandy 10:00 YOGA Vickie
16	8:30 TRIPLE TREAT Millie 9:45 YOGA Millie 12:30 TOTAL BODY Mandy 1:00 H2o DEEP Lindsey 1:45 H2o SHALLOW Lindsey 4:30 OUT OF BOUNDS Danielle 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Vickie	17	8:30 AWT Vickie 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Mandy 4:30 HIIT/LOWER BODY Nicole 5:30 BODY DESIGN Danielle 6:45 YOGA Millie	18	8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Lindsey 1:45 H2o SHALLOW Lindsey 4:30 OUT OF BOUNDS Danielle 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Danielle 5:30 YOGA Millie	19	8:30 AWT Vickie 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Nicole 4:30 CYCLING Millie 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	20	21	8:30 BODY DESIGN Danielle 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole	22	8:30 PEDAL N PUMP Ann Marie 10:00 YOGA Ann Marie
23	8:30 TRIPLE TREAT Millie 9:45 YOGA Millie 12:30 TOTAL BODY Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Vickie 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Mandy 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Vickie	24	8:30 AWT Vickie 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Nicole 4:30 HIIT/UPPER BODY Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Ann Marie	25	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 OUT OF BOUNDS Karen 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Danielle 5:30 YOGA Karen	26	8:30 AWT Karen 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Vickie 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	27	28	8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:30 HIIT/LOWER BODY Nicole	29	8:30 PEDAL N PUMP Karen 10:00 YOGA Karen
30	8:30 TRIPLE TREAT Millie 9:45 YOGA Millie 12:30 TOTAL BODY Mandy 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Karen 5:30 TABATA SCULPT Mandy 6:30 CARDIO/YOGA FUSION Karen	31		CYCLING You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class. Please bring a towel and bottled water. Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit			