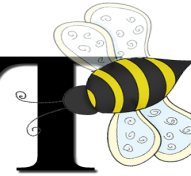




# AUGUST



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>AWT (Aerobic Weight Training)</b> Tue &amp; Thu @ 7:30 &amp; 8:30 am</p> <p>YES! We now offer two AWT classes on Tuesdays and Thursdays. You can reserve a spot for either class by calling the Community Center, @ 453-5441, the day prior to class.</p>		<p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Mandy 4:30 HIIT/LOWER BODY Nicole 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>8:30 CORE COND. &amp; 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 Danielle 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 YOGA Karen</p>	<p>NO MORNING CLASSES Instructors attending Fitness Conference 8:30 H2o SHALLOW TABATA Rox 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p><b>Instructors Training</b></p>	<p>8:30 INTERVAL Ann Marie 10:00 YOGA Ann Marie</p>
<p>8:30 TRIPLE TREAT Karen 9:45 YOGA Karen 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 Vickie 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Vickie</p>	<p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rox 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 HIIT/UPPER BODY Nicole 5:30 BODY DESIGN Danielle 6:45 YOGA Ann Marie</p>	<p>8:30 CORE COND. &amp; MORE Vickie 9:45 YOGA Vickie 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Ann Marie 5:15 OUTDOORS AQUA HIIT Rebecca 5:30 CYCLING Danielle 5:30 YOGA Ann Marie</p>	<p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Beth 4:30 CYCLING Karen 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie</p>	<p>8:30 BODY DESIGN Danielle 9:45 YOGA Karen 12:30 HIIT/LOWER BODY Nicole</p>	<p>8:30 PEDAL N PUMP Millie 10:00 YOGA Millie</p>	
<p>8:30 TRIPLE TREAT Millie 9:45 YOGA Millie 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 CARDIO/YOGA FUSION Vickie</p>	<p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Nicole 4:30 HIIT/LOWER BODY Danielle 5:30 BODY DESIGN Danielle 6:45 YOGA Vickie</p>	<p>8:30 CORE COND. &amp; 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 Danielle 5:30 CYCLING Millie 5:30 YOGA Vickie</p>	<p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Vickie 6:45 YOGA Ann Marie</p>	<p>8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:30 TABATA SCULPT Nicole</p>	<p>8:30 PEDAL N PUMP Mandy 10:00 YOGA Vickie</p>	
<p>8:30 TRIPLE TREAT Karen 9:45 YOGA Karen 12:30 TOTAL BODY Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Millie 5:30 CYCLING Millie 5:30 TABATA SCULPT Daniele 6:30 CARDIO/YOGA FUSION Vickie</p>	<p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Vickie 4:30 HIIT/UPPER BODY Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Ann Marie</p>	<p>8:30 CORE COND. &amp; 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 Danielle 5:30 CYCLING Danielle 5:30 YOGA Millie</p>	<p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Beth 4:30 CYCLING Nicole 5:30 BODY DESIGN Millie 6:45 YOGA Ann Marie</p>	<p>8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:30 HIIT/UPPER BODY Nicole</p>	<p>8:30 PEDAL N PUMP Karen 10:00 YOGA Karen</p>	
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