



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