

August Fitness Class Schedule

BLACK = Studio #1

Italic= Studio #2

Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Core,Strength,Cardio w/Christy	HIIT/Body Sculpt See Below for time/instr	Core,Strenth,Cardio w/Christy	HIIT/Body Sculpt See Below for time/instr		
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Liz (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Liz (Outdoor Pool)	Hydro Challenges w/ Liz (Outdoor Pool)	
	Classic Aerobics w/ Ann		Classic Aerobics w/ Ann		Classic Aerobics w/ Ann	Zumba w/Jerry
9:00		Zumba w/Shantoya		Zumba w/Shantoya		Yoga/Medit'n w/Jerry
		<i>Yin Yoga (8:45) w/Christine</i>		<i>Yin Yoga (8:45) w/Christine</i>		
10:00	Total Body Conditioning w/ Liz	20-20-20 w/ Patti	Total Body Conditioning w/ Liz	20-20-20 w/ Patti		20-20-20 w/Patti
	<i>Zumba w/Laurie</i>		<i>Zumba w/Laurie</i>		<i>Zumba w/Laurie</i>	
11:00	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti		
12:00						
1:00						
2:00	Sit & Fit w/ Juls		Sit & Fit w/ Juls			
3:00						
4:00		Yoga w/ Shari		Yoga w/ Shari		
5:30		Hydro Challenge w/ Kim (Outdoor Pool)		Hydro Challenge w/ Kim (Outdoor Pool)		

Studios Phone: 935-6752

Fitness Center Phone: 935-6740

All Classes \$4 (\$3 w/punch card) unless specified
Guests may not use punch card

Hours: M-Th 6am-6pm, Fri 6am-4pm
Sat/Sun 7am-4pm

AND DON'T FORGET WELLBEATS
IS AVAILABLE....VIRTUAL CLASSES!

HIIT / Body Sculpt (T/TH) will meet at 7:00 on August 6, 8, 13 & 15 - with Liz.
will meet at 7:30 on August 1, 20, 22, 27, 29 - with Ann

Hydro Challenge....New instructor for morning class
AND additional class in the evening, 5:30 - 6:30 on Tuesdays and Thursdays