

Fit for Life 24

Group Fitness | AUGUST 2019

****CYCLING CLASSES REQUIRE ADVANCED SIGN-UP ONLINE. SEE THE FRONT DESK OR YOUR INSTRUCTOR FOR HELP!****

YOGA HAS BEEN MOVED TO 6:30pm ON WEDNESDAYS!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
8:30-9:30am					ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am				BODYJAM NO CLASS	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am				SENIOR FIT NO CLASS		ZUMBA Chanel
5:30-6:30pm				BODYPUMP Jessica		
6:30-7:30pm				ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm				HIP HOP Stephanie		
	5	6	7	8	9	10
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		ZUMBA Stephanie
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	YOGA Katie ***TIME CHANGE***	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	12	13	14	15	16	17
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	YOGA Katie ***TIME CHANGE***	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		

	19	20	21	22	23	24
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	YOGA Katie ***TIME CHANGE***	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	26	27	28	29	30	31
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Morgan	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	YOGA Katie ***TIME CHANGE***	ZUMBA Chanel CYCLING Kevin		
7:30-8:30am		HIP HOP Stephanie		HIP HOP Stephanie		