



Same Favorite Class!
New Class or New Time!

Group Fitness Classes - August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes		1 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	2 8:30a-9:30 Zumba – Bobby	3 8:15a-9:15 Step Interval – Bobby	4 8:30a-9:30 Pump - Lisa 9:45a-10:45 Yoga - Hannah	5 8:30a-9:30 BodyPump - Bobby 10a-11 High Fitness-Emily
		5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop – Stephanie	6:30p-7:30 High Fitness - Emily		
6 No Classes	7 8:30a-9:30 BodyPump – Elbert 9:45a-10:45 Yoga - Hannah	8 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	9 8:30a-9:30 Zumba – Bobby	10 8:15a-9:15 Step Interval – Bobby	11 8:30a-9:30 Pump - Lisa 9:45a-10:45 Yoga - Hannah T	12 8:30-9:30 Cycling - Rachael 10a-11 High Fitness-Emily
	5:30p-6:30 Cycling – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop – Stephanie	6:30p-7:30 High Fitness - Emily		
13 No Classes	14 8:30a-9:30 BodyPump – Rachael 9:45a-10:45 Yoga - Hannah	15 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	16 8:30a-9:30 Zumba – Bobby	17 8:15a-9:15 Step Interval – Bobby	18 8:30a-9:30 Pump - Lisa 9:45a-10:45 Yoga - Hannah	19 8:30a-10:30a Group Fitness Launch!! Sample of ALL the Classes! Bring Your Friends!
	5:30p-6:30 Cycling – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop – Stephanie	6:30p-7:30 High Fitness - Emily		



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