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|  **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 ChanelCYCLING 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 MorganCYCLING 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 RhondaBODYJAM Morgan | BODYPUMP Jessica | BODYCOMBAT JessicaCYCLING Rhonda | BODYPUMP Lori |  |  |
| **6:30-7:30pm** | BODYCOMBAT Ashley | ZUMBA Chris  | YOGA Katie\*\*\*TIME CHANGE\*\*\* | ZUMBA ChanelCYCLING 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 MorganCYCLING 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 RhondaBODYJAM Morgan | BODYPUMP Jessica | BODYCOMBAT JessicaCYCLING Rhonda | BODYPUMP Lori |  |  |
| **6:30-7:30pm** | BODYCOMBAT Ashley | ZUMBA Chris  | YOGA Katie\*\*\*TIME CHANGE\*\*\*  | ZUMBA ChanelCYCLING 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 MorganCYCLING 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 RhondaBODYJAM Morgan | BODYPUMP Jessica | BODYCOMBAT JessicaCYCLING Rhonda | BODYPUMP Lori |  |  |
| **6:30-7:30pm** | BODYCOMBAT Ashley | ZUMBA Chris  | YOGA Katie\*\*\*TIME CHANGE\*\*\* | ZUMBA ChanelCYCLING 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 MorganCYCLING 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 RhondaBODYJAM Morgan | BODYPUMP Jessica | BODYCOMBAT JessicaCYCLING Rhonda | BODYPUMP Lori |  |  |
| **6:30-7:30pm** | BODYCOMBAT Ashley | ZUMBA Chris  | YOGA Katie\*\*\*TIME CHANGE\*\*\* | ZUMBA ChanelCYCLING Kevin |  |  |
| **7:30-8:30am** |  | HIP HOP Stephanie |   | HIP HOP Stephanie |  |  |