

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
8:30-9:30am					ZUMBA Yajaira	BODYPUMP Lisa
9:30-10:30am					BODYPUMP Rachael	STRONG by Zumba Yajaira
10:30-11:30am						DANCE FITNESS Morgan
	4	5	6	7	8	9
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Kelsie	BODYJAM Morgan	BODYPUMP Rachael	STRONG by Zumba Jessica
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Carol		ZUMBA Chanel
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Lisa	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	11	12	13	14	15	16
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Kelsie	CYCLING Allison	BODYPUMP Kelsie	BODYJAM Morgan	BODYPUMP Rachael	STRONG by Zumba Jessica
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Carol		DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Rhonda BODYJAM NO CLASS	BODYPUMP Lisa	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	18	19	20	21	22	23
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Kelsie	BODYJAM Morgan	BODYPUMP Rachael	STRONG by Zumba Jessica
10:30-11:30am		SENIOR FIT Wendy		SENIOR FIT Carol		ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Lisa	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		9:00am RAFFA RUN 5k & 1-mile Fun Run & Walk for Pancreatic Cancer Awareness
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie	ZUMBA Chanel		
7:30-8:30pm		HIP HOP Stephanie		HIP HOP Stephanie		
	25	26	27	28	29	30
8:30-9:30am		ZUMBA Yajaira				BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	CYCLING Allison	BODYPUMP Kelsie			STRONG by Zumba Jessica
10:30-11:30am		SENIOR FIT Wendy				ZUMBA/Dance NO CLASS
5:30-6:30pm	CYCLING Allison BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda			
6:30-7:30pm	BODYCOMBAT Ashley	STRONG by Zumba Yajaira	YOGA Katie			
7:30-8:30am		HIP HOP Stephanie				

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