

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
2	3  <u>12:15 - 12:45 PM</u> Spin <i>Shelly</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Transform <i>Gloria</i> <u>5:30 - 6:20 PM</u> Track Interval <i>Zirkia</i>	4  <u>6:00 - 6:45 AM</u> Get Ripped <i>Suzie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Ruth</i> <u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>  <u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>	5  <u>12:15 - 12:45 PM</u> Track/Turf Interval <i>Suzie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Spin Interval <i>Zirkia</i> <u>5:30 - 6:00 PM</u> 30 Min Spin <i>Suzie</i>	6  <u>6:00 - 6:45 AM</u> Ride & Core <i>Suzie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i> <u>12:15 - 12:45 PM</u> Get Ripped <i>Suzie</i>  <u>5:30 - 6:20 PM</u> Body Sculpt <i>Cindy</i>		8  <b>NO CLASSES</b>
9	10  <b>NO CLASSES</b>	11  <u>6:00 - 6:45 AM</u> Get Ripped <i>Suzie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Ruth</i> <u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>  <u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>	12  <u>12:15 - 12:45 PM</u> Track/Turf Interval <i>Josie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Pound Rockout Workout <i>Gloria</i> <u>5:30 - 6:00 PM</u> 30 Min Spin <i>Josie</i>	13  <u>6:00 - 6:45 AM</u> Ride & Core <i>Josie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Kerri</i> <u>12:15 - 12:45 PM</u> Get Ripped <i>Josie</i>  <u>5:30 - 6:20 PM</u> Body Weight Workout <i>Cindy</i>	14  <u>12:15 - 12:45 PM</u> Yoga <i>Suzie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Stretch <i>Zirkia</i> <u>5:30 - 6:20 PM</u> Get Ripped <i>Shelly</i>	15  9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
16	17  <u>12:15 - 12:45 PM</u> Spin <i>Suzie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Pilates <i>Gloria</i> <u>5:30 - 6:20 PM</u> Track Interval <i>Zirkia</i>	18  <u>6:00 - 6:45 AM</u> Get Ripped <i>Suzie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Ruth</i> <u>12:15 - 12:45 PM</u> Core Workout <i>Josie</i>  <u>5:30 - 6:20 PM</u> Yoga <i>Josie</i>	19  <u>12:15 - 12:45 PM</u> Track/Turf Interval <i>Suzie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Track Interval <i>Zirkia</i> <u>5:30 - 6:00 PM</u> 30 Min Spin <i>Suzie</i>	20  <u>6:00 - 6:45 AM</u> Ride & Core <i>Josie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i> <u>12:15 - 12:45 PM</u> Get Ripped <i>Josie</i>  <u>5:30 - 6:20 PM</u> Bosu Basics <i>Cindy</i>		22  9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
23	24  <u>12:15 - 12:45 PM</u> Spin <i>Josie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Zumba <i>Zirkia</i> <u>5:30 - 6:20 PM</u> Track Interval <i>Zirkia</i>	25  <u>6:00 - 6:45 AM</u> Get Ripped <i>Josie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Ruth</i> <u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>  <u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>	26  <u>12:15 - 12:45 PM</u> Track/Turf Interval <i>Josie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Toned & Stretch <i>Zirkia</i> <u>5:30 - 6:00 PM</u> 30 Min Spin <i>Josie</i>	27  <u>6:00 - 6:45 AM</u> Ride & Core <i>Suzie</i> <u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Kerri</i> <u>12:15 - 12:45 PM</u> Get Ripped <i>Suzie</i>  <u>5:30 - 6:20 PM</u> Body Sculpt <i>Cindy</i>	28  <u>12:15 - 12:45 PM</u> Yoga <i>Josie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Stretch <i>Zirkia</i> <u>5:30 - 6:20 PM</u> Get Ripped <i>Raylene</i>	29  9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
30	31  <u>12:15 - 12:45 PM</u> Spin <i>Suzie</i> <u>1:00 - 2:00 PM</u> Light Adult Fitness Yoga <i>Gloria</i> <u>5:30 - 6:20 PM</u> Track Interval <i>Zirkia</i>					