

DROP-IN FITNESS CLASSES

August

MON	TUE	WED	THU	FRI
	1	2	3	4
	9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	
	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Stretch Class <i>Zirkia</i>
	1:00 - 2:00 PM Light Adult Fitness Transform <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Toned and Stretch <i>Zirkia</i>	
	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Kickboxing <i>Shelly</i>	
7	8	9	10	11
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	
	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>
	1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>	
	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Body Weight Workout <i>Cindy</i>	
14	15	16	17	18
	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	
12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Shelly</i>	12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</i>	
5:30 - 6:20 PM Speed Walk and Weights <i>Cindy</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Bosu Basics <i>Cindy</i>	
21	22	23	24	25
	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	
12:15 - 12:45 PM Spin <i>Shelly</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Shelly</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>
	1:00 - 2:00 PM Light Adult Fitness Pilates <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Zirkia</i>	
5:30 - 6:20 PM Speed Walk and Weights <i>Cindy</i>	5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:00 PM 30 Min Spin <i>Zirkia</i>	5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	
28	29	30	31	
	9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	
12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Track/Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Toned and Stretch <i>Zirkia</i>	
5:30 - 6:20 PM Speed Walk and Weights <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Body Weight Workout <i>Cindy</i>	