

MON	TUE	WED	THU	FRI	SAT	
			1 9:30 - 10:30 AM Easy Adult Fitness Gloria	2	3 9:30 - 10:20 AM Power Walk & Weights Cindy	
			12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Gloria		
					1:00 - 2:00 PM Light Adult Fitness Urban Poling Gloria	
				5:30 - 6:20 PM Bosu Basics Cindy	5:30 - 6:20 PM Strength, Core, & Balance Cindy	
5	6	7	8	9	10	
	9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Power Walk & Weights Cindy	
12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Track/Turf Interval Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie		
1:00 - 2:00 PM Light Adult Fitness Yoga Gloria		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia		
5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Body Sculpt Cindy	5:30 - 6:20 PM Strength, Core, & Balance Cindy		
12	13	14	15	16	17	
	9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Power Walk & Weights Cindy	
12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Track/Turf Interval Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Suzie		
1:00 - 2:00 PM Light Adult Fitness Zumba Gloria		1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia		1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria		
5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Body Weight workout Cindy	5:30 - 6:20 PM Get Ripped Zirkia		
19	20	21	22	23	24	
	9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Power Walk & Weights Cindy	
12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Track/Turf Interval Suzie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie		
1:00 - 2:00 PM Light Adult Fitness Transform Gloria		1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia		
5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength, Core, & Balance Cindy		
26	27	28	29	30		
	9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria			
12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Track/Turf Interval Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie		
1:00 - 2:00 PM Light Adult Fitness Get Ripped Zirkia		1:00 - 2:00 PM Light Adult Fitness Pilates Gloria		1:00 - 2:00 PM Light Adult Fitness Urban Poling Gloria		
5:30 - 6:20 PM Speed Walk & Weights Cindy	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength, Core, & Balance Cindy		