

MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		<u>NO CLASSES</u>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>		
	12:15 - 12:45 PM Get Ripped <i>Zirkia</i>		12:15 - 12:45 PM Yoga <i>Suzie</i>		12:15 - 12:45 PM Core Workout <i>Shelly</i>						
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Total Body Conditioning <i>Shay</i>						
	4:30 - 5:20 PM Total Body Conditioning <i>Shay</i>				4:30 - 5:20 PM Spin & Sculpt <i>Shay</i>						
	5:30 - 6:20 PM Gentle Yoga <i>Zirkia</i>		5:30 - 6:00 PM 30 Min Spin <i>Shay</i>		5:30 - 6:20 PM Body Sculpt <i>Cindy</i>						
8		9		10		11		12		13	
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		<u>NO CLASSES</u>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>		
	12:15 - 12:45 PM Get Ripped <i>Zirkia</i>		12:15 - 12:45 PM Gentle Yoga <i>Zirkia</i>		12:15 - 12:45 PM Core Workout <i>Shelly</i>						
	1:00 - 2:00 PM Light Adult Fitness Toned & Yoga <i>Zirkia</i>				1:00 - 2:00 PM Light Adult Fitness Cardio & Strength <i>Dolores</i>						
					4:30 - 5:20 PM Spin & Sculpt <i>Shay</i>						
	5:30 - 6:20 PM Gentle Yoga <i>Zirkia</i>		5:30 - 6:00 PM 30 Min Spin <i>Shelly</i>		5:30 - 6:20 PM Kickboxing <i>Cindy</i>						
15		16		17		18		19		20	
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		<u>NO CLASSES</u>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>		
	12:15 - 12:45 PM Spin <i>Shay</i>		12:15 - 12:45 PM Gentle Yoga <i>Zirkia</i>		12:15 - 12:45 PM Get Ripped <i>Zirkia</i>						
	1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Shay</i>				1:00 - 2:00 PM Light Adult Fitness Gentle Yoga <i>Zirkia</i>						
	4:30 - 5:20 PM Total Body Conditioning <i>Shay</i>										
	5:30 - 6:20 PM Gentle Yoga <i>Zirkia</i>		5:30 - 6:00 PM 30 Min Spin <i>Zirkia</i>		5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>						
22		23		24		25		26		27	
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>				9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		<u>NO CLASSES</u>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>		
	12:15 - 12:45 PM Core Workout <i>Shelly</i>		12:15 - 12:45 PM Yoga <i>Suzie</i>		12:15 - 12:45 PM Get Ripped <i>Shelly</i>						
	1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>				1:00 - 2:00 PM Light Adult Fitness Core & Stretch <i>Shay</i>						
	5:30 - 6:20 PM Yoga <i>Josie</i>		5:30 - 6:00 PM 30 Min Spin <i>Shay</i>		5:30 - 6:20 PM Body Sculpt <i>Cindy</i>						
29		30									
<u>NO CLASSES</u>							<u>NO CLASSES</u>				
			12:15 - 12:45 PM Spin <i>Shay</i>								
			1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga <i>Zirkia</i>								
			5:30 - 6:20 PM Gentle Yoga <i>Zirkia</i>								