



September 2018 Class Schedule

classes are subject to change if attendance is low
 sign ups for group cycle classes are taken beginning three days in advance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am	Cardio Blast Kelli	Group Cycle Kelli :45		Group Cycle :45 Kelli	Body Burn Kelli	8:00am Group cycle Ann 8:30am *Yin&Yang Yoga Barbara 9:00am Zumba Cindy
8:30-9:30am	Aerobics/Strength Cindy	Yogalaties Cindy	Zumba Cindy	R.I.P.P.E.D. Jill	20/20/20 Karen J.	
8:45-9:45am						
9:00-9:45am	Group Cycle Michel		Group Cycle Liz		Group Cycle Liz	
9:45-10:00am						
10:00-11:00am	Yoga Ko	Fit Bitties Jill	Bar & Pilates Jen	Use It or Lose It Karen F.	Yoga Asa	
4:00-5:00pm					B.C.K. @ I.T. Kelli	Sunday
4:15-5:15pm	*R.I.P.P.E.D Jill	Step Jill	Super Sculpt Jill			10am Zumba Jess
5:30-6:15pm	Group Cycle Kelli			Group Cycle Ann		
5:45-6:45pm	Zumba Cindy		Cardio Strength Karen F.			
6:00-7:00pm		Yoga Ko		Yogalaties Karen F.		

Regular Hours Of Operation

Monday-Thursday 5:15am-8:00pm
 Friday 5:15am-7:00pm
 Saturday 7:30am-4:00pm
 Sunday 8:30am-4:00pm

Playroom Hours

Monday-Friday 8:30am-11:00am
 * denotes classes held in upstairs studio

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