



August Group Fitness Schedule

VIRTUAL Classes this month include:

Sunday 5th
BARRE (45 min) at 3:30 pm

Mondays at 5:35 pm
BODYCOMBAT (30 min)

Thursday 9TH
BODYCOMBAT at 5:05 am

Thursdays at 5 pm
CXWORX (30 min)

Saturday the 4 & 18TH
BODYCOMBAT (60 min) at 8:15 am

NEW CLASSES

ZUMBA Karen Wed 4:30 pm

MIXXEDFIT 6:40 FRIDAYS
A MIXX of EXXPLOSIVE Dancing & Boot Camp Toning
\$5 with a student id and FREE for members

GET TO KNOW YOGA
Sat the 18th at 10:30 am



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		BOOTCAMP Janna	BODYPUMP Donna	BOOTCAMP Janna	BODYPUMP Meghan 9 VIRTUAL BODYCOMBAT	BOOTCAMP Von	8:15 CARDIO VIRTUAL BODYCOMBAT Andrea
8:15 AM		20/20/20 Janna CYCLE Lisa	FITNESS FUSION Kelley SilverSneakers® CIRCUIT (AAC) David (Lola)	STRONG Karen CYCLE Heather	BODYPUMP Donna Cardio Impact (AAC) Vicki (David)	STEP Vicki CYCLE 3, 24, 31 Heather 10, 17 Lisa 8:30 UPPER BODY BLAST (AAC) 3, 10, 17 Andrea 24, 31 Lola	11, 25 STEP Kelley 9:20 BODYPUMP Andrea 11, 25 Meghan
9:15 AM		9:00 AQUA Lola GENTLE YOGA Barbara	9:00 AQUA Melinda BARBELL FITNESS Kelley SilverSneakers® CLASSIC (AAC) David (Lola)	9:00 AQUA Daniel 8, 22 Vicki YOGA Barbara 8 Heather	9:00 AQUA Vicki SilverSneakers® CLASSIC (AAC) David (Ian) 9:20 ZUMBA GOLD Donna	9:00 AQUA Melinda BARBELL FITNESS 3, 10, 17 Andrea 24, 31 Lola 9:15 YIN YOGA (AAC) Tammy	GET TO KNOW YOGA Specialty Class 18 th at 10:30 am
10:15 AM		BARBELL FITNESS David 11:00 HI/LO CARDIO David	BASIC TAI CHI (AAC) Jesse 10:20 ZUMBA GOLD Donna	BARBELL FITNESS Donna 11:00 LOW IMPACT Lisa	TAI CHI Jesse	30 min PILATES Cathy	
11:30 AM			BALANCE & STRETCH Alden	30 min PILATES Cathy	BALANCE & STRETCH Alden		
1:00 PM	1:10 YOGA 5 Heather 19 Kathy 12, 26 Chris	SilverSneakers® CIRCUIT (AAC) Barbara		SilverSneakers® CLASSIC (AAC) David			FREE TOT WATCH
2:00 PM		SilverSneakers® YOGA (AAC) Barbara		SilverSneakers® YOGA (AAC) David			Monday - Friday 8 am – Noon 4 pm – 8 pm
4:30 PM	2:30-3:30 TONE AND TIGHTEN Meghan	BODYPUMP Meghan 20 Ashley, 27 Traci	H.I.I.T Melanie	ZUMBA Karen FITNESS FUSION 55+ (AAC) Melanie	20/10 Melanie VIRTUAL CXWORX (30 min)	DANCEBODY FITNESS Tera	Saturday 8 – 12 pm
5:35 PM	3:30 – 4:30 DANCE & BARRE Tera 5 VIRTUAL BARRE	VIRTUAL BODYCOMBAT (30 min) HIIT Traci (30 min) 13, 20 Melanie	BODYPUMP Ashley 28 Traci	CYCLE Traci 15 Melanie DANCEBODY FITNESS Tera	BODYPUMP Ashley 30 Traci		Sunday 1 – 5 pm
6:40 PM		DANCEBODY FITNESS Tera	SLOW FLOW YOGA 7 Thomas 14, 21 Kathy 28 Chris		YOGA 2 Thomas 9, 17, 23 Chris 30 Kathy	MIXXEDFIT LaToya \$5 with a student id	