

MON	TUE	WED	THUR	FRI	SAT
YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	YOGA 7:30a-8:30a Sara/Cathy
✓ PILATES 8:45a-9:30a Olivia	✓ FULL BODY STRENGTH 7:30a-8:15a Allison	BARRE 8:30a-9:15a Meghan	WARRIOR CROSS TRAIN 8:30a-9:15a Olivia	TABATA BOOT CAMP 7:30a-8:15a Mary	BOXING CONDITIONING 8:15a-9:00a Brenda
FULL BODY STRENGTH 8:30a-9:15a Megan	STEP 8:30a-9:15a Meghan	VINYASA FLOW YOGA 9:30a-10:30a Meghan	GET FIT 8:45a-9:30a Lisa	✓ PILATES 8:15a-9:00a Bre	
✓ FULL BODY STRENGTH 12:15p-1:00p Beth	WARRIOR CROSS TRAIN 8:30a-9:15a Allison	✓ BODY SCULPT 12:15p-1:00p Beth	TABATA 12:15p-1:00p Beth/Allison	✓ VINYASA FLOW 9:30a-10:30a Emely	
MUSCLE TONE 5pm-5:30p Jen O	GET FIT 8:45a-9:30a Sam	HIGH FITNESS 5:30p-6:15p Lisa 	BOXING 5:00p-6:00p Riley	✓ FULL BODY STRENGTH 8:30a-9:15a Megan	
Rhythm Ride 5:30p-6:15p Rihannan	* FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy 	* BOOTCAMP 5:15p-6:00p Jen B	YOGA 5:30p-6:30p Kelle	* FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy 	
CARDIO CIRCUITS 5:30p-6:00p Jen O	YOGA 12:15p-12:45p Cathy		BARRE 5:30p-6:15p Meghan	YOGA 12:15p-12:45p Cathy	
HIGH FITNESS 5:30p-6:15p Lisa 	Suspension & Row 12:15p-1:00p Beth			Instructor Choice 12:15p-1:00p Sam	
* BOOTCAMP 5:15p-6:00p Jen B	BOXING 5:00p-6:00p Riley				
	YOGA 5:30p-6:30p Cathy				



AUGUST GROUPX SCHEDULE

PILATES IS FREE TO THE COMMUNITY THE MONTH OF AUGUST

* **REGISTRATION IS REQUIRED**

✓ **NEW CLASS**

OFF SITE

MULTI PURPOSE ROOM

BFIT

AEROBICS ROOM

CYCLING ROOM

GYM/OUTSIDE