

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



**FREE TO THE COMMUNITY
FOR THE ENTIRE MONTH**



- OFF SITE
- MULTI PURPOSE ROOM
- BFIT
- AEROBICS ROOM
- CYCLING ROOM
- GYM/OUTSIDE

*** REGISTRATION IS REQUIRED**

SEPTEMBER GROUPX SCHEDULE