



AUGUST GROUP SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POWER PILATES / RESISTANCE TRAINING Brooksie 5:00 - 6:00 AM ZUMBA Brian 8:00-8:45 AM CYCLING Connie 8/11, 8/25 Brair 8/4, 8/18, 9/1 8:30 - 9:30 AM WEIGHT TRAINING Daina 9:00-10:00 AM STRETCH & CORE Daina 10:15 - 11:00 AM PILATES MAT Frances 12:00-1:00 PM WEIGHT TRAINING Melanie 4:30-5:15 PM CYCLING Tina 5:30-6:15 PM GENTLE YOGA Kathy 6:45 - 7:30 PM	EXPRESS CYCLE Melanie 5:00 - 5:30 AM EXPRESS WEIGHTS Melanie 5:30 - 6:00 AM FLOOR WORK Daina 8:00 - 8:45 AM AQUA FITNESS Brair 8:30 - 9:30 STRETCH & CORE Daina 9:00 - 9:30 AM HIIT & HUSTLE Bailey 9:45 - 10:30 AM GENTLE YOGA 8/5 8/19 Kat 8/12, 8/26 Kathy 10:45 - 11:30 am CHAIR FIT Bailey 12:00 - 12:45 PM TOTAL BODY HIIT Tina 5:30-6:15 PM CARDIO TENNIS 6:00 - 7:00 PM	CARDIO BAR FUSION Brooksie 5:00 - 6:00 AM CYCLING Connie F 7:30 - 8:30 AM STRONG CORE Daina 8:30 - 9:15 AM AQUA FITNESS Bailey 8:30 - 9:30 CYCLE FUSION Daina 9:30 - 10:15 AM DANCE PARTY Dawn 9:30 - 10:15 AM YOGA Katelyn 10:30 - 11:30 AM PILATES MAT Frances 12:00-1:00 PM WEIGHT TRAINING Amy 4:30 - 5:15 PM	EXPRESS CYCLE Melanie 5:00 - 5:30 AM EXPRESS WEIGHTS Melanie 5:30 - 6:00 AM FLOOR WORK Daina 8:00 - 8:45 AM AQUA FITNESS Jackie 8:30 - 9:30 WEIGHT TRAINING Daina 9:00 - 9:45 AM CORE FUSION Mary Ellen 10:30 - 11:30 AM YOGA Katelyn 12:00 - 1:00 PM TWEEN FIT Tina (ages 7-12) 4:15 - 5:00 PM CYCLING + CORE Tina 5:30 - 6:30 PM PILATES RESISTANCE Brooksie 5:30-6:30 PM	CIRCUIT TRAINING Brooksie 5:00-5:45 AM EXPRESS WEIGHTS Bailey 7:15-7:45 AM ZUMBA Brian 8:00-8:45 AM CYCLING Katherine 8/1, 8/15, Brair 8/8, 8/22, 8/29 8:30 - 9:30 AM AQUA FITNESS Brooksie - Brair 8/15 8:30 - 9:30 CARDIO TENNIS Tennis Courts 8:30 - 9:30 AM STRETCH & CORE Daina 9:00 - 9:55 AM HIIT & HUSTLE Bailey 9:45 - 10:30 AM BARRE FUSION Katherine 8/1, 8/15 Mary Ellen 8/8, 8/22 Penny 8/29 10:15 - 11:15 AM CHAIR FIT Bailey 11:30 - 12:15 PM	AQUA FITNESS Brooksie 8/16 Brair 8/1, 8/15 Rachel 8/9 8:30 - 9:30 WEIGHT TRAINING Amy 9:30 - 10:30 AM YOGA ALL LEVELS Carol 8/9, 8/23 Penny 8/2, 8/16, 8/30 11:00 - 12:00 PM SUNDAY YOGA ALL LEVELS Kathy 3:00 - 4:00 PM ZOOM with us! ID: 577-391-8357 Password: 1234  SCAN ME