



AUGUST 2017 GROUP FITNESS

MAIN LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1 10:00am YOGA - Katherine 4:00 pm PILATES - Gloria 5:30pm YOGA - Ann	2 8:00am TOTAL BODY - Susan 9:00am PILATES - Gloria	3 10:00am YOGA - Katherine 4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann	4 8:00am TOTAL BODY - Susan 9:00am PILATES - Tasha	5 9:00am TOTAL BODY FITNESS - Susan 6 5:00 pm YOGA - Ann
7 8:00am TOTAL BODY - Susan 9:00am PILATES - Tasha 5:30-6:30pm - Aerobic Room CLOSED for Club use	8 10:00am YOGA - Katherine 4:00 pm PILATES - Gloria 5:30pm YOGA - Ann	9 8:00am TOTAL BODY - Susan 9:00am PILATES - Gloria	10 10:00am YOGA - Katherine 4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann	11 8:00am TOTAL BODY - Susan 9:00am PILATES - Jenny	12 9:00am TOTAL BODY FITNESS - Susan 13 5:00 pm YOGA - Ann
14 8:00am TOTAL BODY - Susan 9:00am PILATES - Andrea 5:30-6:30pm - Aerobic Room CLOSED for Club use	15 10:00am YOGA - Katherine 4:00 pm PILATES - Gloria 5:30pm YOGA - Ann	16 8:00am TOTAL BODY - Candice 9:00am PILATES - Gloria	17 10:00am YOGA - Katherine 4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann	18 8:00am TOTAL BODY - Candice 9:00am PILATES - Tasha	19 9:00am STEP - Gloria 20 5:00 pm YOGA - Ann
21 8:00am TOTAL BODY - Candice 9:00am PILATES - Andrea 5:30-6:30pm- Aerobic Room CLOSED for Club use	22 10:00am YOGA - Katherine 4:00 pm PILATES - Ainsley 5:30pm YOGA - Ann	23 8:00am TOTAL BODY - Candice 9:00am PILATES - Gloria	24 10:00am YOGA - Katherine 4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann	25 8:00am TOTAL BODY - Candice 9:00am PILATES - Jenny	26 9:00am STEP - Gloria 27 5:00 pm YOGA - Ann
28 8:00am TOTAL BODY - Susan 9:00am PILATES - Andrea 5:30-6:30pm- Aerobic Room CLOSED for Club use	29 10:00am YOGA - Katherine 4:00 pm PILATES - Gloria 5:30pm YOGA - Ann	30 8:00am TOTAL BODY - Candice 9:00am PILATES - Gloria	31 10:00am YOGA - Katherine 4:30-5:30pm Aerobic Room CLOSED for Club use 5:30pm YOGA - Ann		



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SOUTH LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeannine 5:30 pm TRX® CIRCUIT - Kyle	2	3 9:15am BODYPOWER- Andee 11:00 am CYCLE - Jeanine 5:30pm TRX® CIRCUIT - Kyle	4	5 6
7	8 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeannine 5:30 pm TRX® CIRCUIT - Kyle	9	10 9:15am BODYPOWER- Andee 11:00 am CYCLE - Jeanine 5:00 pm - CPR Class (located in Yoga room) 5:30pm TRX® CIRCUIT - Kyle	11	12 13
14	15 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeannine 5:30 pm TRX® CIRCUIT - Kyle	16	17 9:15am BODYPOWER- Andee 11:00 am CYCLE - Jeannine 5:30pm TRX® CIRCUIT - Kyle	18	19 20
21	22 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - NO CLASS TODAY! ENJOY THE ECLIPSE! 5:30 pm TRX® CIRCUIT - Kyle	23	24 9:15am BODYPOWER- Andee 11:00 am CYCLE - Jeanine 5:30pm TRX® CIRCUIT -Kyle	25	26 8:00 am - CPR Class (located in TRX room) 27
28	29 9:15am BODYPOWER- Rebecca 11:00 am CYCLE - Jeanine 5:30 pm TRX® CIRCUIT - Kyle	30	31 9:15am BODYPOWER- Andee 11:00 am CYCLE - Jeanine 5:30pm TRX® CIRCUIT -Kyle		