GIOU	up Exercis	be and a second								eptembe	
MONDAY			TUESDAY			WEDNESDA	Y		THURSDAY		
5:30am	PiYo Live		5:00am	Y Pump	-	5:30am	PIYO Live		5:00am	Step	
D 1 F a m	Change Lin	Marianne	C 00-m	Cham Internet	Rose	5:30am	Cuele (Cuelie	Marianne	6:00am	Class Chaise	Ro
8:15am	Shape Up	Аьру	6:00am	Step Interval	Karen		Cycle (Cycling	g Room) Dawn		Class Choice	Kar
9:15am	Step Interval	7.007	7:15am	Pilates	Raten	6:00am	Bootcam		7:15am	Pilates	
	•	Theresa			Michelee			Dawn			Michel
9:15am	Silver & Fit (Gyr		8:30am	Healthy Back		8:15am	Core Strengt		8:30am	TRX(GYM)	
		Alice			Nancy			Abby			Ma
9:00am	TRX (GYM)		9:00am	Cycle (Cycling		9:00am	Cycling (Cycli	5	8:30am	Healthy Back	Nar
10:00am 9:15am	Cycling Women/Weight	Laura	9:15am	Cardio Abs	Diana	9:15am	Women Strer	Diana	9:15am	Y-Pump	Nar
5: I 5 dill	women/weight	Mary	5:15411		Theresa		women strei	Mary	5:15411	t-Pullip	There
10:30am	Yoga	inter y	9:15am	Silver Sneaker		9:00am	Insanity (GYN	,	9:15am	Silver Sneakers	
	5	Mary			Abby		, -	Аьру			AI
4:00pm	Boot Camp		10:30am	Insanity		10:30am	Yoga		9:30am	Cycle(CyclingR	loom)
		Аbby			Аbby			Mary			Lau
5:15pm	Step Interval	Rose	5:15pm	Zumba	Marianne	4:00pm	Boot Camp	Аьру	10:30am	Insanity(GYM)	At
5:30pm	PiYo Live	Ruse	6:30pm	Cycle (Cycling		5:15pm	20-20-20 In	1	5:15pm	PiYo Live	
5.5 opin		Betsy	0.50pm	cycle (cycling	Christine	5.15pm	20 20 20 11	Rose	5.15pm		Marian
7:40pm	Yoga		6:30pm	TRX (GYM)		6:30pm	Women's Self D		5:30pm	TRX(GYM)	
	_	Nancy	-		Jen	_		Stephanie			J
			6:45pm	Yoga	Man				6:30pm	Zumba	
	_				Mary	J			6:30pm	Cycle(Cycling	Je Room)
FRIDAY 5:30am	Cycle (Cycling R	റന്നി	1						0.50pm	Cycle(Cycling	Christi
5.50am	cycle (cycling K	Dawn									Onnau
5:00am	Class Choice	-									
		Dawn									
8:15am	Strength & Stat	•									
		Аbby	SATURDAY			SUNDAY					
9:15am	Total Body	Diana	8:00am	Y-Pump	Rose	11:00am	Pilates	Michelee			
9:00am	Silver Sneakers		8:00am	Cycle (Cycling		11:00am	TRX (GYM)	Michelee			
5.50um	Siver Sheakers	Abby		cycle (cycling	Christine			Malia			
10:00am	Cycle (Cycling R		9:15am	PiYo Live		12:15pm	HIIT/SPIN				
	_	Diana			Betsy			Malia			
4:00pm	Boot Camp										