



GROUP FITNESS SCHEDULE

build strong kids, strong families, strong communities

BEGINNING
August 1st

	5:10 AM	5:15 AM	8:20 AM	9:20 AM	10:30 AM	12:00 PM	2:00 PM	4:30 PM	5:30 PM	6:30PM
MONDAY		STEP CHALLENGE CHERYL LEVEL 2 & 3 5:15-6:05 AM	YOGA KIM LEVEL 1,2 & 3 8:20-9:10AM	BODY PUMP® KIM Y LEVEL 1,2 & 3 9:20-10:20AM	AOA KIM Y LEVEL 1&2 10:30-11:20AM	KARDIOKICK DOUG LEVEL 1,2&3 12:10-1:00PM		BOOT CAMP PRISCILLA LEVEL 2 & 3 4:30-5:20PM	STEP CHALLENGE ELIZABETH LEVEL 2 & 3 5:30-6:20PM	YOGALATES SONIA LEVEL1, 2 & 3 6:30-7:20PM
SPINNING® 		SPINNING® KARLA LEVEL 1,2 & 3 5:15-6:05	SPINNING® CAROL LEVEL 1,2 & 3 8:15-9:05AM						SPINNING® LEVEL 1,2&3 PRISCILLA 5:30-6:20PM	SPINNING® LEVEL 1,2,3 SHANE 6:30PM-7:20PM
TUESDAY	BODY PUMP® LORA LEVEL 1, 2 & 3 5:10-6:10AM	FUNCTIONAL FIT ELVOID *GYM 5:15-6:05AM	YOGALATES SONIA LEVEL1, 2 & 3 8:20-9:10AM	KARDIOKICK DOUG LEVEL 1,2&3 9:20-10:10AM	ZUMBA ELIZABETH LEVEL 1 & 2 10:30-11:10AM	BODY PUMP® SHELLY LEVEL 1,2&3 12:10PM-12:50PM	AOA YOGA KIM G LEVEL 1 2:00-2:50PM	CARDIO&TONE ELIZABETH LEVEL 1,2 & 3 4:30-5:20PM	PILATES DOTTIE LEVEL 2 & 3 5:30-6:20PM	KARDIOKICK DOTTIE LEVEL 1,2 & 3 6:30-7:20PM
SPINNING® 		SPINNING® KARLA LEVEL 1, 2 & 3 5:15-6:00AM							SPINNING® LEVEL 1,2&3 PRISCILLA 5:30-6:20PM	SPINNING® LEVEL 1,2 & 3 PRISCILLA 6:30-7:05PM
WEDNESDAY		STEP CHALLENGE CHERYL LEVEL 2 & 3 5:15-6:05AM	YOGA FLOW KIM G LEVEL 2&3 8:20-9:10AM	BODY PUMP® KIM Y LEVEL 1, 2 & 3 9:20-10:20AM	AOA KIM Y LEVEL1&2 10:30-11:20AM	KARDIOKICK DOUG LEVE 1,2&3 12:10-1:00PM		BOOT CAMP PRISCILLA LEVEL 2&3 4:30-5:20PM	BODY PUMP® KIM Y LEVEL 1,2&3 5:30-6:30PM	POWER YOGA KIM G LEVEL 1,2 & 3 6:40-7:30PM
SPINNING® 		SPINNING® KARLA LEVEL 1,2&3 5:15-6:05 AM	SPINNING® CAROL LEVEL 1,2&3 8:15-9:05AM						SPINNING® LEVEL 1,2&3 PRISCILLA 5:30-6:20PM	SPINNING® LEVEL 1,2 & 3 SHANE 6:30PM-7:20PM
THURSDAY	BODYFIT LORA LEVEL 1,2 & 3 5:10-6:10AM	FUNCTIONAL FIT ELVOID *GYM 5:15-6:05AM	YOGALATES SONIA LEVEL1, 2 & 3 8:20-9:10AM	KARDIOKICK DOUG LEVEL 1,2&3 9:20-10:10AM	ZUMBA ELIZABETH LEVEL 1 & 2 10:30-11:10AM	BODYFIT SHELLY LEVEL1,2&3 12:10-12:50PM	AOA YOGA KIM G LEVEL 1 2:00-2:50PM	CARDIO&TONE ELIZABETH LEVEL 1, 2 & 3 4:30-5:20PM	PILATES DOTTIE LEVEL 2 & 3 5:30-6:20PM	ZUMBA DOTTIE LEVEL 1, 2 & 3 6:30-7:20PM
SPINNING® 		SPINNING® KARLA LEVEL 1,2 & 3 5:15-6:00AM							SPINNING® LEVEL 2 & 3 PRISCILLA 5:30-6:20PM	SPINNING® LEVEL 1, 2 & 3 PRISCILLA 6:30-7:05PM
FRIDAY		STEP CHALLENGE CHERYL LEVEL 2 & 3 5:15-6:05 AM	YOGA KIM LEVEL 1,2 & 3 8:20-9:10AM	BODY PUMP® KIM Y LEVEL 2 & 3 9:20-10:10	AOA KIM Y LEVEL1&2 10:30-11:20AM	KARDIOKICK DOUG LEVEL 1,2&3 12:10-1:00PM		BOOT CAMP KIM Y LEVEL 2 & 3 4:30-5:20PM	STEP CHALLENGE ELIZABETH LEVEL 2 & 3 5:30-6:20PM	
SPINNING® 		SPINNING® KARLA LEVEL 1,2&3 5:15-6:05 AM		SPINNING® LEVEL 1,2&3 ELIZABETH 9:20-10:10AM					SPINNING® LEVEL 1,2&3 SONIA 5:30-6:20PM	
SATURDAY			FAMILY YOGA KIM G LEVEL 1 & 2 8:20-9:00AM	SPINNING® LEVEL 1,2&3 SONIA 9:00-9:50AM	KARDIOKICK DOTTI/KIM Y LEVEL 1, 2 & 3 10:15-11:30AM					
SPINNING® 										
SUNDAY							BODY PUMP® KARLA LEVEL 1,2&3 1:15-2:15			
SPINNING® 							SPINNING® LEVEL 1,2&3 SONIA/LORA 2:30-3:20PM			

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