

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	3	
RUN BIKE ROW EVENT Saturday 10th at 8am to benefit the Aniah's Heart Foundation			TAKE THE CHALLENGE!! 5:35 Wednesdays 9:20 Thursdays in the Spin Room		515 RPM CAROLINA 815 BODYPUMP KAREN 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE HILLARY 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT COURTNEY 535 MAX TONING TRACY	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY COURTNEY 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYATTACK KAREN 920 BODYPUMP KAREN/YATES 1030 ZUMBA KAREN 1030 CYCLE CHALLENGE CHARLIE
4	5	6	7	8	9	10	
200 BODYPUMP KAREN 300 BODYCOMBAT KAREN/TRACY 400 YOGA BRENDA 530 POWER YOGA HANNAH	815 BODYCOMBAT ASHLEY/TRACY 920 BODYPUMP ASHLEY/KAREN HAPPY LABOR DAY!!	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP COURTNEY 535 BODYPUMP KAREN 640 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYATTACK KAREN 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 RPM (45 MIN) HILLARY 430 BODYPUMP CHARLIE/HOLLIS 535 CLUB ZUMBA TRACY 535 CYCLE CHALLENGE CHARLIE	515 RPM CAROLINA 815 BODYPUMP KAREN/YATES 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT COURTNEY 535 MAX TONING TRACY	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY COURTNEY 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN 920 BODYPUMP CHARLIE 10:30 SELF DEFENSE CLASS OPEN TO ALL MEMBERS!	
11	12	13	14	15	16	17	
200 BODYPUMP HOLLIS 300 BODYATTACK KAREN 400 YOGA BRENDA 530 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO COURTNEY 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP SARAH 535 ZUMBA SARAH 635 POUND NO CLASS	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 ZUMBA KAREN 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP YATES 100 SILVER SNEAKERS BRENDA 430 CARDIO HIO HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYATTACK KAREN 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP CHARLIE/HOLLIS 535 CARDIO HIP HOP STEPHANIE 535 CYCLE CHALLENGE CHARLIE	515 RPM CAROLINA 815 BODYPUMP KAREN 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE HILLARY 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT COURTNEY 535 ZUMBA STEPHANIE	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY COURTNEY 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYATTACK KAREN 920 BODYPUMP AMANDA/KAREN 1030 CARDIO HIP HOP SCARLETT 1030 SPRINT (30 min) JORDAN	
18	19	20	21	22	23	24	
200 BODYPUMP HOLLIS/YATES 300 BODYCOMBAT KAREN 400 YOGA BRENDA 530 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO COURTNEY 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP SARAH 535 COMBAT KAREN 635 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP SARAH 640 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYATTACK KAREN 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP HOLLIS 535 CLUB ZUMBA TRACY 535 CYCLE CHALLENGE AMANDA	515 RPM CAROLINA 815 BODYPUMP KAREN/YATES 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT COURTNEY 535 MAX TONING TRACY	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY COURTNEY 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP CHARLIE 1030 LATIN ZUMBA TRACY 1030 SPRINT (30 MIN) AMANDA	
25	26	27	28	29	30		
200 BODYPUMP KAREN 300 BODYATTACK KAREN 400 YOGA JANE 530 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO COURTNEY 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP HOLLIS 535 PUSH THE COACHES 635 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN/ YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP TRACY 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	515 BODYPUMP CAROLINA 815 BODYATTACK KAREN 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP CHARLIE/HOLLIS 535 CLUB ZUMBA TRACY 535 CYCLE CHALLENGE CHARLIE	515 RPM CAROLINA 815 BODYPUMP KAREN 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE HILLARY 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT COURTNEY 535 MAX TONING TRACY	515 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	MONDAY MADNESS! PUSH w/ THE COACHES AT 5:35 PM	