

Aug 14 - 20th



336.478.2660

8/14/2017 MONDAY	8/15/2017 TUESDAY	8/16/2017 WEDNESDAY	8/17/2017 THURSDAY	8/18/2017 FRIDAY	8/19/2017 SATURDAY	8/20/2017 SUNDAY
5:45AM VICKY 			6:00AM VICKY 		8:00AM ANNIE 	8:00AM JEN LOW IMPACT/SCULPT
8:15AM JEN	8:15AM JEN	8:15AM SABRINA		8:15AM JEN	9:00AM KAREN	9:00AM SUSAN
Low Impact 30	Kickboxing 30			Muscles	PIYO	
8:45AM JEN	8:45AM JEN					
Pilates 30	Muscles 30					
9:30 AMNIKKI	9:30AM AMBER 	9:30AM CANCELLED	9:30AM JEN SWEAT	9:30AM BRISA Zumba	10:05AM REBECCA 	
CARDIO CIRCUITS	12:00PM BRISA Zumba	12:00PM SUSAN 	11:00AM REBECCA Zumba Gold		11:10AM REBECCA Zumba	
10:35AM JEN Foam Roller & Stretch		12:30PM SUSAN 	12:15PM MARTHA 			
12:15PM SUSAN 		4:30PM JEN Muscles	4:30PM JEN Muscles 30Flex Strength 30			
4:30PM DARREN 						
5:30PM AMBER 	5:30PM REBECCA 	5:30PM CHRISSY CIRCUITS	5:30PM JEN ABS 30			
			6:00PM SABRINA 			
	6:30PM ANNIE 	6:30PM KARLA 	6:30PM ANN 			
			7:00PM ANN 			

Please note that the 9:30Am Muscles class has been canceled this Wednesday, 8/16. It will return next week.

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00a Ward OPEN YOGA	6:00AM OPEN YOGA			
			8:15AM JEN Pilates		9:15AM Donna Begin/Interm Yoga	
9:45AM NIKKI Begin/Interm Yoga				9:30AM TONY Power Yoga	10:30AM Donna Gentle/Begin Yoga	10:30AM TBA Begin/Interm Yoga
11:00AM SHEILA Gentle Yoga	11:00AM SHEILA Gentle/Begin Yoga	11:00AM NIKKI Gentle Yoga	11:00AM NIKKI Gentle/Begin Yoga	11:00AM Mona Gentle Yoga		
		12:15PM Anne Deep Stretch Slow Flow		12:15PM MARGEE Deep Stretch Slow Flow		
						4:00PM LORA Begin/Interm Yoga
6:00PM LORETTA Begin/Interm Yoga		6:00PM Steve Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA SPIN	5:30AM MIKE C. SPIN	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM MARTHA 	8:05AM CINDY SPIN
9:30AM JEN 		9:30AM JULIE 		8:30AM NIKKI SPIN	9:15AM LISA SPIN	
12:15PM TIFFANY SPIN	12:15PM JEN 	12:15PM MARYBETH SPIN	12:15PM MARGEE 			
				12:15PM TIFFANY SPIN		
6:00PM LISA B. SPIN	6:00PM NICOLE M SPIN	6:00PM JODEE SPIN				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM TAMIEKA Water Fitness	8:30AM LIZ Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	
	9:45AM TAITHA Gentle Aqua	9:45AM TAMIEKA GENTLE AQUA				

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