



SUN	MON	TUE	WED	THU	FRI	SAT		
<p><i>Tuesday August changes....</i></p> <p>6:00am SPIN CANCELLED Option—Virtual Spin</p> <p>6:40pm SPIN moves to 6:00pm</p> <p>Aqua Flow returns to Tuesdays at 1:00pm</p>								
		1	2	3	4	5		
		6:00 BA (1) Shana 6:00 BF (3) Lara 6:00 SPIN (2) CANCELLED 8:00 T&B (3) Kate 8:15 SPIN (2) Lori 8:30 KB (1) Stephanie 9:00 Aqua-IT (P) Kate 9:00 BF (3) Danielle 9:30 BA (1) Eric 10:00 Yoga (3) Susan 10:30 BP (1) Megan/Lara 11:00 Joint (P) Karen K 11:00 Barre (3) Chloe 12:00 M&M 45 (3) Sommer 12:00 Zumba/CD (1) Cassie 1:00 Aqua Flow (P) Debbie 1:30 Parkinsons P (2) Kari 4:30 BST/BP 70 (1) Alesia 4:30 POUND (3) Kristi 5:30 BF (3) Kristi 5:45 PM 45 (1) Katie 6:00 Spin-RPM (2) Ashley 6:30 BC (1) Rebecca 6:35 Barre 30 (3) Mary Alex	6:00 HIIT 45 (1) Allison 6:00 SPIN (2) Nancy 8:30 PM (1) Cassie 9:00 Aqua-DW (P) Lara 9:00 PL (3) Karen 9:30 CS 45 (1) Alesia 10:00 Joint (P) Lara 10:15 CXworx (1) Shannon 10:15 Yoga (3) Karen 10:45 GL (1) Julie 11:00 Aqua (P) Shannon 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BP 45 (1) Katie 12:00 SPIN (2) Lori 12:30 Int Tai Chi (3) Bill/Linda 1:00 FF (1) Susan 4:30 Barre (3) Shana 5:00 Zumba /CD (1) Ildiko 5:30 Spin-RPM (2) Megan 6:00 Aqua (P) Shannon 6:00 BP (1) Allison 6:00 Yoga (3) Sunny 7:00 Gentle Stretch (3) Wendy	6:00 BP (1) Nancy 8:00 T&B (3) Stephanie 8:15 SPIN (2) Shana 8:30 BSS (1) Kate 9:00 Aqua-IT (P) Alesia 9:30 BF (3) Linda 9:30 KB (1) Sarah 10:30 Gentle Yoga (3) Lori 10:30 BP (1) Stephanie/Ashley 12:00 CD/Zumba (3) Julie 12:00 M&M 45 (1) Mary Alex 1:30 Parkinsons P (2) Julie 4:30 BA (1) Shannon 4:30 Barre (3) Sunny 5:30 BST (1) Carla 5:30 PM (3) Ashley 6:30 BF (3) Carla 6:30 BC (1) Ashley 7:30 Zumba/CD (1) Ildiko	6:00 HIIT 45 (1) Kate 6:00 SPIN (2) Nancy 8:30 BP (1) Cassie 8:30 Pilates (3) Sunny 9:00 Aqua (P) Chloe 9:00 BF (3) Cassie 9:00 BP (1) Shana 9:15 FTW Ramp Test (2) Joe 10:00 Joint (P) Wendy 10:00 Aqua Zumba(P) Shannon 10:00 BA (1) Lori 10:00 PM (3) Wendy 11:00 M&M 45 (1) Lara 11:15 Yoga(3) Alesia 12:00 Zumba/CD (1) Stephanie	8:00 BST (1) Nancy 8:00 POUND (3) Allyson 8:00 SPIN (2) Joe 9:00 Aqua (P) Donna 9:00 BF (3) Linda 9:00 BP (1) Nancy/Megan 9:15 FTW Ramp Test (2) Joe 10:00 Aqua Zumba(P) Donna 10:00 BA (1) Shana 10:00 PM (3) Carla 11:00 M&M 45 (1) Kate 11:15 Yoga(3) Carla 12:00 Zumba/CD (1) Ildiko		
		6	7	8	9	10	11	12
11:30 BST/BP 90 (1) Carla 12:00 SPIN (2) Nancy 1:00 M&M 45 (1) Shannon 1:00 Yoga (3) Carla 1:50 BC (1) Rebecca 2:15 Barre (3) Mary Alex 2:55 BP (1) Cassie 4:00 Zumba/CD (1) Cassie 4:05 BF (3) Karen	6:00 KB/BP (1) Stephanie 6:00 SPIN (2) Lara 8:00 Barre (3) Chloe 8:15 BST (1) Alesia 9:00 Aqua (P) Donna 9:00 PL (3) Deb 9:15 CXworx (1) Shana 9:50 PM 45 (1) Sommer 10:00 Joint (P) Donna 10:00 FTW Ramp Test(2) Shana 10:15 Yoga (3) Sunny 10:45 GL (1) Eric 11:00 Aqua (P) Pam 12:00 BF (3) Katie 12:00 SPIN-RPM (2) Ashley 1:00 FF (1) Pam 4:30 CS 45 (1) Shana 5:15 CXworx (1) Shannon 5:45 BA 45 (1) Shannon 6:00 Aqua (P) Kate 6:00 Yoga (3) Wendy 6:30 BP (1) Megan 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	6:00 BA (1) Kate 6:00 BF (3) Lara 6:00 SPIN (2) CANCELLED 8:00 T&B (3) Kate 8:15 SPIN (2) Cindy 8:30 KB (1) Alesia 9:00 Aqua-IT (P) Kari 9:00 BF (3) Cassie 9:30 BA (1) Shana 10:00 Yoga (3) Susan 11:00 Joint (P) Karen K 11:00 Barre (3) Sunny 12:00 M&M 45 (3) Mary Alex 12:00 Zumba/CD (1) Chloe 1:00 Aqua Flow (P) Debbie 1:30 Parkinsons P (2) Kari 4:30 BST/BP 70 (1) Stephanie 4:30 POUND (3) Cassie 5:30 BF (3) Karen 5:45 PM 45 (1) Allison 6:00 Spin-RPM (2) Megan 6:30 BC (1) Ashley 6:35 Barre 30 (3) Karen	6:00 HIIT 45 (1) Kate 6:00 Spin-Int (2) Kari 8:30 PM (1) Kate 9:00 Aqua-DW (P) Stephanie 9:00 PL (3) Karen 9:30 CS 45 (1) Alesia 10:00 Joint (P) Stephanie 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GL (1) Shana 11:00 Aqua (P) Chloe 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BP 45 (1) Katie 12:00 SPIN (2) Shana 12:30 Int Tai Chi (3) Bill/Linda 1:00 FF (1) Susan 4:30 Barre (3) Linda 5:00 Zumba /CD (1) Sunny 5:30 Spin-RPM (2) Ashley 6:00 Aqua (P) Kristi 6:00 BP (1) Megan 6:00 Yoga (3) Sunny 7:00 Feldenkrais (3) Debbie	6:00 BP (1) Nancy 8:00 T&B (3) Kari 8:15 SPIN (2) Lori 8:30 BSS (1) Katie 9:00 Aqua-IT (P) Lara 9:30 BF (3) Linda 9:30 BST (1) Sunny 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Stephanie/Ashley 12:00 CD/Zumba (3) Julie 12:00 M&M 45 (1) Shannon 1:30 Parkinsons P (2) Julie 4:30 BA (1) Ashley 4:30 Barre (3) Shana 5:30 BST (1) Carla 5:30 PM (3) Mary Alex 6:30 BF (3) Kristi 6:30 BC (1) Rebecca 7:30 Zumba/CD (1) Allyson	6:00 HIIT 45 (1) Allison 6:00 Spin-RPM (SS) Joe 8:30 BP (1) Lara 8:30 Pilates (3) Lori 9:00 Aqua (P) Kristi 9:35 BF (3) Danielle 9:30 KB (1) Shana 10:00 Joint (P) Kristi 10:30 GL (1) Sunny 10:40 Yoga (3) Alesia 11:00 Aqua (P) Nancy 11:30 BST/BP 75 (1) Stephanie 12:00 POUND (3) Cassie 12:00 SPIN (2) Katie 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons P (2) Nancy 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Sunny 5:30 BP (1) Megan	8:00 BST (1) Sunny 8:00 POUND (3) Kristi 8:00 SPIN (2) Kari 9:00 Aqua (P) Wendy 9:00 BF (3) Kristi 9:00 BP (1) Stephanie/Danielle 10:00 Aqua Zumba(P) Debbie 10:00 BA (1) Eric 10:00 PM (3) Sommer 11:00 M&M 45 (1) Sommer 11:15 Yoga(3) Lori 12:00 Zumba/CD (1) Julie		

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length unless otherwise noted with a number after (ie... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BJ=BodyJam	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step
FF=Forever Fit	GL=Go Low	HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown	PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training				Spin-RPM—Les Mills Indoor Cycling Program			

13	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Lara Shana Kate Karen Ashley Karen Carla Ildiko Carla	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba/CD (1)	14	Ashley Nancy Sunny Lara Stephanie Sunny Carla Eric No Class Today Carla Eric Ildiko Cassie Lori Pam Shana Shana Kate Kristi Wendy Katie/Shannon Chris O Allyson	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	15	Ashley Lara CANCELLED Kari Cindy Stephanie Sunny Danielle Eric Susan Lara/Megan No Class Today Shana Sunny Cassie Debbie Kari Alesia Megan Katie Mary Alex Ashley Rebecca Mary Alex	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	16	Nancy Kari Cassie Lara Karen Julie No Class Today Shana Karen Shana Chloe Bill/Linda Ashley Katie Bill/Linda Susan Mary Alex Olga Megan Shannon Sarah Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 CD/Zumba (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	17	Nancy Debbie Katie Stephanie/Shannon Lori Kristi Danielle Sarah Debbie Sarah/Cassie Julie Mary Alex Julie Shannon Chloe Carla Kristi Carla Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	18	Kate Stephanie Stephanie/Shannon Lori Kristi Linda Alesia No Class Today Alesia Sunny Katie Nancy Megan Jane Debbie Nancy Debbie Sunny Ashley	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	19	Stephanie Kristi Joe Linda Kristi Stephanie/Allison Debbie Ashley Kate Kate Sunny Olga
20	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Alesia Nancy Sommer Susan Sarah Linda Allison Ildiko Linda	6:00 KB/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba/CD (1)	21	Stephanie Kari Mary Alex Carla Chloe Deb Carla Kate Stephanie Shana Eric Chloe Katie Cindy Sunny Alesia Shannon Shannon Kristi Wendy Danielle Chris Sunny	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	22	Shana Lara CANCELLED Kari Stephanie Shana Sunny Danielle Ashley Susan Stephanie/Megan Karen K Chloe Shannon Olga Debbie Kari Alesia Allyson Katie Kate Megan Sarah Mary Alex	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 9:45 FTW Ramp Test (2) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	23	Allison Nancy Megan Donna Lori Shana Megan Donna Shana Carla Kate Sunny Bill/Linda Carla Katie Bill/Linda Susan Linda Ildiko Ashley Sarah Allison Sunny Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 CD/Zumba (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	24	Nancy Stephanie Jane Katie Ildiko Cassie Sarah Debbie Sarah/Cassie Julie Ashley Julie Kate Shana Carla Kristi Carla Rebecca Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	25	Kate Stephanie Carla Wendy Shannon Carla Kristi Wendy Katie Alesia Nancy Lara Cassie Lori Debbie Nancy Debbie Julie Ashley	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	26	Sunny Cassie Lori Linda Cassie Danielle/Shannon Donna Eric Kate Sommer Shana Allyson
27	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Alesia Katie Allison Lori Ashley Linda Megan Allyson Danielle	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba/CD (1)	28	Ashley Nancy Sunny Lara Stephanie Deb Carla Shannon Stephanie Carla Lori Pam Katie Chris Pam Shana Shana Chloe Wendy Ashley Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	29	Kate Lara CANCELLED Kari Cindy Shana Chloe Cassie Eric Susan Lara/Cassie Karen K Shana Sommer Sunny Debbie Kari Stephanie Alesia Karen Mary Alex Megan Ashley Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	30	Kate Shana Julie Donna Karen Sunny Donna Shannon Karen Lori Shannon Bill/Linda Katie Jane Bill/Linda Susan Linda Ildiko Sarah Allison Sunny Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 CD/Zumba (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	31	Nancy Kate Kari Eric Kate Linda Sunny Debbie Stephanie/Cassie Julie Shannon Julie Ashley Mary Alex Alesia Kristi Kristi Rebecca Allyson	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)					
<p>Barre and BodyFlow</p> <p><u>Online sign Ups for class.....</u></p> <p>We will begin Online sign up/registration for Barre and BodyFlow classes September 1st. You may set up your account beginning Aug. 21st.</p> <p>Please look in display bins for Instructions and contact Lori Miracle 531-5063If you have any issues.</p> <p>It is not mandatory that you sign up online However those who do will be given space in class first.</p> <p>Classes are limited to 30.</p>																				