

Begins September 13

I A M FITNESS

Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 am Seniorcise Diane	9:00 am Aqua Diane	9:30 am Spin Tom	9:00 am Aqua Jean	8:30 am Seniorcise Diane	8:30 am Coming Soon!	8:00 am Coming Soon!
9:30 am CardioKick Donna	9:30 am StrengthWorks Donna	9:30 am Sweat Jen	9:30 am StrengthWorks Donna	9:30 am Spin Jen	9:30 am Pilates Donna	9:00 am BodyPump Jen
9:30 am Spin Tom		10:30 am Barre & More Donna	10:30 am CardioKick Donna	9:30 am Zumba Andrea	10:30 am Zumba Sandy	10:30 am Yoga Carol
10:30 am BodyPump Jen				10:30 am BodyPump Jen		
	5:30 pm Coming Soon!	5:30 pm Barre & More Donna	5:30 pm Spin Tom			
5:30 pm Zumba Lauren	6:30 pm Coming Soon!	6:30 pm Combat Michelle				
6:30 pm BodyPump Michelle	6:30 pm Yoga Carol					

Classes Require 3 Participants

Class Format & Instructors are subject to last minute changes

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