


JUNE 2018

STUDIO ONE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am Total Body Conditioning Tracy	5:30am Circuit 6/6,6/20 HIGH FITNESS 6/13 NO CLASS 6/27	5:30am LES MILLS BODYPUMP™ Tracy Patrick 6/28	6am LES MILLS CXWORX Nicole No class 6/29	8:30am LES MILLS BODYSTEP® Chris 6/2 Heather 6/9 Tracy 6/16 Patrick 6/23	6/3 8:30am BodyStep 9am CXWORX Patrick
8:45am LES MILLS BODYSTEP® Tracy	8:15am Low Impact MaryBeth	8am Cardio Fit Tami Andrea 6/6 Low Impact 6/27		8:00am Cardio Fit Andrea		6/10 8:30am Kick and Sculpt Jerry
9:45am Pump and Tone Lauren		8:45am HIGH FITNESS (50min) Courtney		8:45am BODYSTEP Marybeth 6/1 Tracy Patrick 6/29	9:30am LES MILLS BODYPUMP™ Patrick 6/2,6/23 Robby 6/9,6/30 Tracy 6/16	6/17 8:30am Freestyle Step 9am Core and More Lauren
4:30pm LES MILLS BODYPUMP™ Nicole Robby 6/25	5pm LES MILLS CXWORX Nicole	4:45pm BodyPump Nicole 6/6, 6/20 Pump and Tone Jerry 6/13, 6/27	5pm LES MILLS BODYSTEP® Chris 6/7 Heather 6/14,6/28 Patrick 6/21	9:45am Pump and Tone Tracy Jerry 6/1,6/29		6/24 8:30am BodyStep 9am CXWORX Patrick
5:30pm LES MILLS BODYSTEP® Chris Patrick 6/25	5:30pm LES MILLS BODYPUMP™ Patrick	5:30pm TURBO KICK Chris 6/6, 6/13 Lauren 6/27 Kick and Sculpt Jerry 6/20	5:30pm HIGH FITNESS (45min) Lauren 6/7 Susan 6/21 Heather 6/14,6/28		10:30am HIGH FITNESS Lauren 6/2 Susan 6/9, 6/30 Heather 6/16	
6:30pm Kick & Sculpt Jerry		6:15pm ZUMBA Lisa				

STUDIO TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am SHORE CIRCUIT Nicole Spin (45) Jill 6/25	8:30am TRX FIT (30 Min) Tracy		9:00am SHORE CIRCUIT (45 Min) Lauren	5:30am Spinning (30 Min) Nicole Jill 6/29 (45min)	8:30am Spinning (60 Min) Sonny Nicole 6/2 Jill 6/16	
9am Spinning Courtney/Marybeth						
5:30pm SPINNING (45 Min) Nicole Sonny 6/25	4:30pm SPINNING (30 Min) Courtney	5:30pm SPINNING (45 Min) Sonny	5:30pm SHORE CIRCUIT Nicole Lauren 6/21, 6/28			

Attention members! We must have an average of 5 or more people to keep a class on the schedule. In prime time slots we need at least 10!