














Sun	Mon	Tue	Wed	Thu	Fri	Sat
Come and Join us for Tuesday night spin with Jen! 45 min Class ! 			1 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M. 7pm Yoga / Tammy	2 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	3 Lunch Cycle! 11:15am 30 min SPIN Jennifer H. 	4 BOOTCAMP 9 am / Chris M. 
5	6 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T. 	7 9:30am Pilates Power / Susan	8 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M. 7pm Yoga / Tammy	9 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	10 Lunch Cycle! 11:15am 30 min SPIN Jennifer H. 	11 YOGA 9 am / Susan
12	13 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	14 9:30am Leg Power / Susan 5:45pm 45 min SPIN Jennifer H. 	15 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M. 7pm Yoga / Tammy	16 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	17 Lunch Cycle! 11:15am 30 min SPIN Jennifer H. 	18 BOOTCAMP 9 am / Chris M. 
19	20 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	21 9:30am Upper Body Blast / Susan 5:45pm 45 min SPIN Jennifer H. 	22 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M. 7pm Yoga / Jennifer F.	23 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	24 Lunch Cycle! 11:15am 30 min SPIN Jennifer H. 	25 45 MIN SPIN 9 am / Jennifer H. 
26	27 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	28 9:30am Total Body Blast / Susan 5:45pm 45 min SPIN Jennifer H. 	29 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M. 7pm Yoga / Tammy	30 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	 <p>TAEKWONDO Tuesdays And Thursdays 4:30-5:30 & 7PM-8PM</p>	