





Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Courtney 5:15pm Vinyasa Yoga - Kim 6:30pm Tabata - Melani	3 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle PumpKatrina	4 GYM UNSTAFFED 	5 7:30am Zumba® – Marcie 9:00am Yoga - Kim	6 STAFFED HOURS 8:00am-12:00pm 8:30am Yoga—Kim 9:30am Zumba® - April	7 GYM UNSTAFFED 10:00am Muscle Mixer – Melani
8	9 8:30am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm SPORT - Katrina	10 7:30am Zumba® - Marcie 9:00am Yoga - Kim 6:30pm Muscle Mixer Melani	11 9:15am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Michele	12 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a-Ball – Tracy	13 8:30am Yoga - Tammy 9:30am Zumba® - April	14 10:00am Cardio Kick w/ Strength - Amy
15	16 8:30am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Power Step - Katrina	17 7:30am Zumba® - Marcie 9:00am Yoga - Tori 6:30pm Muscle PumpKatrina	18 9:15am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Michele	19 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a-Ball – Tracy	20 8:30am Yoga—Kim 9:30am Zumba® - April	21 9:00am Zumba® - April 10:00am Muscle Pump – April
22	23 8:30am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Cardio Kick-boxing—Amy	24 7:30am Zumba® - Marcie 9:00am Yoga - Tori 6:30pm Muscle Mixer - Amy	25 9:15am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Nancy 6:30pm Vinyasa Yoga - Tori	26 7:30am Zumba® – Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a-Ball – Tracy	27 8:30am Yoga—Kim 9:30am Zumba® - April	28 10:00am Muscle Pump – Tracy
29	30 8:30am Cardio / Strength Combo— Courtney 4:15pm Body Defined – Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Power Step - Katrina	31 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump—Amy			Staffed Hours: Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm Sat. 8:00am-12:00pm	