
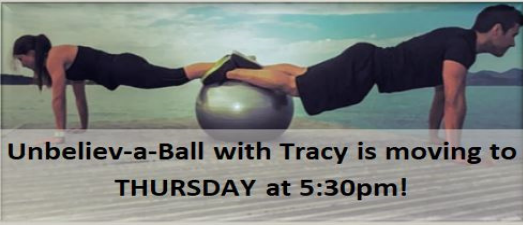




Sun	Mon	Tue	Wed	Thu		
	 <p>Unbeliev-a-Ball with Tracy is moving to THURSDAY at 5:30pm!</p>		1 9:15am Cardio / Strength Combo Courtney 4:15pm Body Defined Nancy 6:30pm Vinyasa Yoga Kim	2 7:30am Zumba® – Marcie 9:00am Yoga - Kim 5:30pm Unbeliev-a-Ball – Tracy	3 8:30am Yoga—Kim 9:30am Zumba® April	4 10:00am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