



Sun	Mon	Tues	Weds	Thurs	Fri	Sat
	BIKE Mike 6:30am		CYCLE Claire 6:30am	MAX OUT Max S. 6:30am & 7:00am	BIKE Brenda W. 6:30am	
	SENIOR STRENGTH Ann 7:00am	VINYASA FLOW Bonnie 8:15am	SENIOR STRENGTH Ann 7:00am	KRIPALU FLOW YOGA Vanessa 8:15am		
	PILATES Toni 8:15am	POOLATES (water class) Brenda C. 8:30am	VINYASA YOGA Sian 8:30am	POOLATES (water class) Brenda C. 8:30am	BARRE Emily 8:15am	VINYASA YOGA Sian 8:00am
KRIPALU FLOW YOGA Vanessa 8:45am	HARD CORE Brenda W. 9:30am	BIKE Linda 8:45am	SENIOR STRENGTH Ann 9:45am	BIKE Brenda 8:45am	BODY ART Brenda W. 9:30am	Bike Brenda W. 9:00am* *starts 7/5/14
ZUMBA Max P. 10:30am	SENIOR STRENGTH Ann 9:45am	BUTT N' UP Brenda W. 9:45am	Zumba Max P. 10:00am	BUTT N'UP Brenda W. 9:45am		ZUMBA Sandy 9:30am
	POWER YOGA Sian 4:30pm					
	BARRE Emily 5:45pm	Body Art Brenda W. 5:30pm	POWER HOUR Brenda W. 5:30pm	Zumba Jane 5:30pm		Register now! CPR Certification offered: 6/14