



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Staffed Hours: Mon.-Thurs. 8:00am-8:00pm Fri. 8:00am-5:00pm Sat. 8:00am-12:00pm					1 8:30am Yoga—Kim 9:30am Zumba® - Marcie	2 9:00am Tabata - Amy 10:00am Muscle Pump - Katrina
3	4 6:30am-7:15am Boot Camp—Amy 8:30am Cardio / Strength Combo— Courtney 9:30am Zumba® - April 4:15pm Body Defined - Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm SPORT—Katrina	5 7:30am Zumba® - Marcie 9:00am Yoga - Kim 6:30pm Muscle Pump—Melani	6 6:30am-7:15am Boot Camp—Amy 9:15am Cardio / Strength Combo— Courtney 4:15pm Body Defined - Courtney 6:30pm Vinyasa Yoga - Christine	7 7:30am Zumba® - Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a- Ball - Tracy	8 8:30am Yoga—Tammy 9:30am Zumba® - April	9 9:00am Zumba® - Marcie 10:00am Muscle Pump - Amy
10	11 6:30am-7:15am Boot Camp—Amy 8:30am Cardio / Strength Combo— Courtney NO 9:30am Zumba® 4:15pm Body Defined - Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm 3-2-1—Katrina	12 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer —Melani	13 6:30am-7:15am Boot Camp—Amy 9:15am Cardio / Strength Combo— Courtney 4:15pm Body Defined - Nancy 6:30pm Vinyasa Yoga - Christine	14 7:30am Zumba® - Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a- Ball - Tracy	15 8:30am Yoga—Kim 9:30am Zumba® - Marcie	16 9:00am Cardio Kick- boxing - Amy 10:00am Muscle Pump - Tracy
17	18 6:30am-7:15am Boot Camp—Amy 8:30am Cardio / Strength Combo— Courtney 9:30am Zumba® - April 4:15pm Body Defined - Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Step—Melani	19 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Pump—Katrina	20 6:30am-7:15am Boot Camp—Amy 9:15am Cardio / Strength Combo— Courtney 4:15pm Body Defined - Nancy 6:30pm Vinyasa Yoga - Tori	21 7:30am Zumba® - Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a- Ball - Tracy	22 8:30am Yoga—Kim 9:30am Zumba® - April	23 9:00am Zumba® - April 10:00am Muscle Pump - April
24	25 8:30am Cardio / Strength Combo— Courtney 9:30am Zumba® - April 4:15pm Body Defined - Nancy 5:15pm Vinyasa Yoga - Kim 6:30pm Tabata - Katrina	26 7:30am Zumba® - Marcie 9:00am Yoga - Tammy 6:30pm Muscle Mixer —Melani	27 9:15am Cardio / Strength Combo— Courtney 4:15pm Body Defined - Nancy 6:30pm Vinyasa Yoga - Michele	28 7:30am Zumba® - Marcie 9:00am Yoga - Kim 6:00pm Unbeliev-a- Ball - Tracy	29 8:30am Yoga—Kim 9:30am Zumba® - April	30 GYM UNSTAFFED