

Summer Fitness Schedule

June 4-August 22

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes							
5:10am	Power Tone <i>Nikke</i>	Yoga <i>Brittany</i>	Power Tone <i>Liz G.</i>		Circuit Breakers <i>Andrea P.</i>		
		<i>Cycle-Ashley L.</i>		<i>Cycle-Andrea P.</i>			
6:10am	Cardio & Core <i>Jenny</i>	Power Tone <i>Andrea P.</i>	HiLo Power <i>Jenny</i>	Pilates <i>Jenny</i>	Power Tone <i>Jill</i>		
	Strong <i>Andrea</i> (in the Gym)		Boot Camp <i>Karmel</i> (in the Gym)				
	<i>Cycle-Sheri</i>		<i>Cycle-Liz G.</i>		<i>Cycle-Sheri</i>		
7:10am						Turbokick <i>Liz H.</i>	
						<i>Cycle-Janene</i>	
8:10am	Power Tone <i>Tish</i>	Zumba® <i>Leslie</i>	Multi Step <i>Liz H.</i>	HiLo Power <i>Tish</i>	Yoga <i>Joani</i>	Power Tone <i>Liz H.</i>	
	<i>Cycle-Karina</i>						
9:10am	Turbo Kick <i>Tish</i>	Step & Tone <i>Jill</i>	Pilates & Barre <i>Sheri</i>	Zumba® <i>Katrina</i>	Hi Lo Power <i>Kristi</i>	Step <i>Kristi</i>	
		<i>Cycle-Tish</i>		<i>Cycle-Wendy</i>	<i>Cycle-Ashley</i>		
10:10am	Yoga <i>Mandy</i>	Gentle Yoga <i>Joani</i>	Cardio Tone <i>Sheri</i>	Yoga <i>Wendy</i>	Zumba® <i>Tiffany P.</i>	Zumba® <i>Patti</i>	10:00am Yoga <i>Calvin/Mandy</i> 90 min.
11:10am	Silver Sneakers Classic <i>Liz</i>	Silver Sneakers Yoga <i>Joani</i>	Silver Sneakers Circuit <i>Sheri</i>	Silver Sneakers Yoga <i>Heather</i>	Silver Sneakers Classic <i>Andrea P.</i>	Yoga <i>Staff</i>	
Evening Classes							
4:30pm	Zumba® 4 Kids (ages 5 & up) <i>Katrina</i>	Yoga 4 Kids (ages 5 & up) <i>Joani</i>	Skills & Drills (ages 5 & up) <i>Linda/Christi</i>				
5:10pm	Zumba® <i>Katrina</i>		Zumba® <i>Patti</i>				
6:10pm	Yoga <i>Calvin</i>	Power Tone <i>Liz H.</i>	Yoga <i>Brittany</i>	Turbokick <i>Liz H.</i>			
	<i>Cycle-Adam</i>						
7:10pm	Step <i>Nikke</i>	Strong <i>Linda</i>	Step <i>Lynna</i>	Power Tone <i>Ericka</i>			
		<i>Cycle-Liz H.</i>	<i>Cycle-Karmel</i>	<i>Cycle-Gordon</i>			
8:10pm	Pilates <i>Patti</i>	Yoga <i>Calvin</i>	Power Tone <i>Farron</i>	Yoga <i>Amy</i>			
9:10pm	Zumba® <i>Patti</i>	Zumba® <i>Tiffany P.</i>	Zumba® <i>Leslie</i>	Zumba® <i>Leslie</i>			