

strength & toning

MONTHLY CLASS SCHEDULE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|---|---|
| | | | 1 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Naomi 4:45-5:45 pm (G2) BODYPUMP Sandy 7:00-8:00 pm (G2) | 2 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP TBD 10:15-11:15 am (G2) | 3 BODYPUMP Alyssa 10:00-11:00 am (G2) | 4 BODYPUMP Sandy 10:45-11:45 am (G2) |
| 5 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP TBD 7:00-8:00 pm (G2) | 6 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Amber 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2) | 7 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Tammy 5:15-6:00 pm (G2) | 8 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Sandy 4:45-5:45 pm (G2) BODYPUMP Katie 7:00-8:00 pm (G2) | 9 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Tammy 10:15-11:15 am (G2) | 10 BODYPUMP Alyssa 10:00-11:00 am (G2) | 11 BODYPUMP Sandy 10:45-11:45 am (G2) |
| 12 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Sandy 7:00-8:00 pm (G2) | 13 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Yvonne 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2) | 14 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Katie 5:15-6:00 pm (G2) | 15 Senior Fun & Fit No class 8:45-9:30 am (G2) Senior Circuit No class 9:45-10:30 am (G2) BODYPUMP No class 12:00-12:45 pm (G2) BODYPUMP No class 4:45-5:45 pm (G2) BODYPUMP No class 7:00-8:00 pm (G2) | 16 BODYPUMP CLOSED 5:30-6:30 am (G2) BODYPUMP CLOSED 10:15-11:15 am (G2) | 17 BODYPUMP CLOSED 10:00-11:00 am (G2) | 18 BODYPUMP CLOSED 10:45-11:45 am (G2) |
| 19 BODYPUMP No class 5:30-6:30 am (G2) BODYPUMP No class 9:00-10:00 am (G2) BODYPUMP No class 7:00-8:00 pm (G2) | 20 Senior Fun & Fit No class 8:45-9:30 am (G2) Senior Circuit No class 9:45-10:30 am (G2) BODYPUMP No class 12:00-12:45 pm (G2) BODYPUMP Noclass 4:45-5:45 pm (G2) | 21 BODYPUMP No class 5:30-6:30 am (G2) BODYPUMP No class 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP No class 5:15-6:00 pm (G2) | 22 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Amber 4:45-5:45 pm (G2) BODYPUMP Sandy 7:00-8:00 pm (G2) | 23 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Sandy 10:15-11:15 am (G2) | 24 BODYPUMP Alyssa 10:00-11:00 am (G2) | 25 BODYPUMP Sandy 10:45-11:45 am (G2) |
| 26 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Sandy 7:00-8:00 pm (G2) | 27 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2) | 28 BODYPUMP TBD 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP TBD 5:15-6:00 pm (G2) | 29 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katie 7:00-8:00 pm (G2) | 30 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Yvonne 10:15-11:15 am (G2) | 31 BODYPUMP Alyssa 10:00-11:00 am (G2) | |

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.