

# strength & toning

## MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1  BODYPUMP   Sandy 10:45-11:45 am (G2)
2 <b>Labor Day</b>  BODYPUMP   <b>NO CLASS</b> 5:30-6:30 am (G2)  BODYPUMP   <b>NO CLASS</b> 9:00-10:00 am (G2)  BODYPUMP   <b>NO CLASS</b> 7:00-8:00 pm (G2)	3  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)	4  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)  Full Body Sculpt   Tammy 5:15-6:00 pm (G2)	5  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   <b>NO CLASS</b> 4:45-5:45 pm (G2)  BODYPUMP   <b>NO CLASS</b> 7:00-8:00 pm (G2)	6  BODYPUMP   Naomi 5:30-6:30 am (G2)  BODYPUMP   Sandy 10:15-11:15 am (G2)	7  BODYPUMP   Alyssa 10:00-11:00 am (G2)	8  BODYPUMP   Sandy 10:45-11:45 am (G2)
9  BODYPUMP   Naomi 5:30-6:30 am (G2)  BODYPUMP   Naomi 9:00-10:00 am (G2)  BODYPUMP   Katie 7:00-8:00 pm (G2)	10  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)	11  BODYPUMP   TBD 5:30-6:30 am (G2)  BODYPUMP   Amber 9:00-10:00 am (G2)  SS Classic   Margaret 11:00-11:45 am (Y1)  Full Body Sculpt   Tammy 5:15-6:00 pm (G2)	12  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   TBD 4:45-5:45 pm (G2)  BODYPUMP   Sandy 7:00-8:00 pm (G2)	13  BODYPUMP   Naomi 5:30-6:30 am (G2)  BODYPUMP   Amber 10:15-11:15 am (G2)	14  BODYPUMP   Alyssa 10:00-11:00 am (G2)	15  BODYPUMP   Sandy 10:45-11:45 am (G2)
16  BODYPUMP   Sandy 5:30-6:30 am (G2)  BODYPUMP   Amber 9:00-10:00 am (G2)  BODYPUMP   Katie 7:00-8:00 pm (G2)	17  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)	18  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   Sandy 5:15-6:00 pm (G2)	19  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   Sandy 7:00-8:00 pm (G2)	20  BODYPUMP   Naomi 5:30-6:30 am (G2)  BODYPUMP   Amber 10:15-11:15 am (G2)	21  BODYPUMP   Alyssa 10:00-11:00 am (G2)	22  BODYPUMP   Yvonne 10:45-11:45 am (G2)
23/30  BODYPUMP   Sandy 5:30-6:30 am (G2) BODYPUMP   9/23 Amber 9/30 Naomi 9:00-10:00 am (G2)  BODYPUMP   Yvonne 7:00-8:00 pm (G2)	24  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)	25  BODYPUMP   Yvonne 5:30-6:30 am (G2)  BODYPUMP   Amber 9:00-10:00 am (G2)  SS Classic   Margaret 11:00-11:45 am (Y1)  BODYPUMP   Sandy 5:15-6:00 pm (G2)	26  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   Sandy 7:00-8:00 pm (G2)	27  BODYPUMP   Naomi 5:30-6:30 am (G2)  BODYPUMP   Tammy 10:15-11:15 am (G2)	28  BODYPUMP   Alyssa 10:00-11:00 am (G2)	29  BODYPUMP   TBD 10:45-11:45 am (G2)

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