

# strength & toning

## MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1</b> BODYPUMP   Claire 5:30-6:30 am (G2) BODYPUMP   Amber 10:15-11:00 am (G2)	<b>2</b> BODYPUMP   Alyssa 10:00-11:00 am (G2)	<b>3</b> BODYPUMP   Humberto 10:45-11:45 am (G2)
<b>4</b> BODYPUMP   Alyssa 5:30-6:30 am (G2) BODYPUMP   Amber 9:00-10:00 am (G2) BODYPUMP   Katya 7:00-8:00 pm (G2)	<b>5</b> 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)	<b>6</b> BODYPUMP   Sandy 5:30-6:30 am (G2) BODYPUMP   Claire 9:00-10:00 am (G2) SS Classic   Kelley 11:00-11:45 am (Y1) BODYPUMP   Alyssa 5:15-6:00 pm (G2)	<b>7</b> Senior Fun & Fit   Brynn 8:45-9:30 am (G2) Senior Circuit   Brynn 9:45-10:30 am (G2) BODYPUMP   Sandy 12:00-12:45 pm (G2) BODYPUMP   Yvonne 4:45-5:45 pm (G2) BODYPUMP   Katya 7:00-8:00 pm (G2)	<b>8</b> BODYPUMP   Yvonne 5:30-6:30 am (G2) BODYPUMP   Isabell 10:15-11:00 am (G2)	<b>9</b> BODYPUMP   Katya 10:00-11:00 am (G2)	<b>10</b> BODYPUMP   Humberto 10:45-11:45 am (G2)
<b>11</b> BODYPUMP   Sandy 5:30-6:30 am (G2) BODYPUMP   Claire 9:00-10:00 am (G2) BODYPUMP   Katya 7:00-8:00 pm (G2)	<b>12</b> Senior Fun & Fit   Kelley 8:45-9:30 am (G2) Senior Circuit   Kelley 9:45-10:30 am (G2) BODYPUMP   Isabell 12:00-12:45 pm (G2) BODYPUMP   Alyssa 4:45-5:45 pm (G2)	<b>13</b> BODYPUMP   Yvonne 5:30-6:30 am (G2) BODYPUMP   Amber 9:00-10:00 am (G2) SS Classic   Kelley 11:00-11:45 am (Y1) BODYPUMP   Sandy 5:15-6:00 pm (G2)	<b>14</b> Senior Fun & Fit   Brynn 8:45-9:30 am (G2) Senior Circuit   Brynn 9:45-10:30 am (G2) BODYPUMP   Sandy 12:00-12:45 pm (G2) BODYPUMP   Yvonne 4:45-5:45 pm (G2) BODYPUMP   Humberto 7:00-8:00 pm (G2)	<b>15</b> BODYPUMP   Claire 5:30-6:30 am (G2) BODYPUMP   Amber 10:15-11:00 am (G2)	<b>16</b> BODYPUMP   Katya 10:00-11:00 am (G2)	<b>17</b> BODYPUMP   Humberto 10:45-11:45 am (G2)
<b>18</b> BODYPUMP   Sandy 5:30-6:30 am (G2) BODYPUMP   Amber 9:00-10:00 am (G2) BODYPUMP   Katya 7:00-8:00 pm (G2)	<b>19</b> Senior Fun & Fit   Kelley 8:45-9:30 am (G2) Senior Circuit   Kelley 9:45-10:30 am (G2) BODYPUMP   Claire 12:00-12:45 pm (G2) BODYPUMP   Alyssa 4:45-5:45 pm (G2)	<b>20</b> BODYPUMP   Sandy 5:30-6:30 am (G2) BODYPUMP   Amber 9:00-10:00 am (G2) SS Classic   Kelley 11:00-11:45 am (Y1) BODYPUMP   Alyssa 5:15-6:00 pm (G2)	<b>21</b> Senior Fun & Fit   Kerri 8:45-9:30 am (G2) Senior Circuit   Kerri 9:45-10:30 am (G2) BODYPUMP   Sandy 12:00-12:45 pm (G2) BODYPUMP   Yvonne 4:45-5:45 pm (G2) BODYPUMP   Katya 7:00-8:00 pm (G2)	<b>22</b> BODYPUMP   Yvonne 5:30-6:30 am (G2) BODYPUMP   Isabell 10:15-11:15 am (G2)	<b>23</b> BODYPUMP   Humberto 10:00-11:00 am (G2)	<b>24</b> BODYPUMP   Sandy 10:45-11:45 am (G2)
<b>25</b> MEMORIAL DAY NO CLASSES	<b>26</b> Senior Fun & Fit   Kelley 8:45-9:30 am (G2) Senior Circuit   Kelley 9:45-10:30 am (G2) BODYPUMP   Isabell 12:00-12:45 pm (G2) BODYPUMP   Alyssa 4:45-5:45 pm (G2)	<b>27</b> BODYPUMP   Claire 5:30-6:30 am (G2) BODYPUMP   Amber 9:00-10:30 am (G2) SS Classic   Kelley 11:00-11:45 am (Y1) BODYPUMP   Sandy 5:15-6:00 pm (G2)	<b>28</b> Senior Fun & Fit   Kerri 8:45-9:30 am (G2) Senior Circuit   Kerri 9:45-10:30 am (G2) BODYPUMP   Sandy 12:00-12:45 pm (G2) BODYPUMP   Yvonne 4:45-5:45 pm (G2) BODYPUMP   Humberto 7:00-8:00 pm (G2)	<b>29</b> BODYPUMP   Yvonne 5:30-6:30 am (G2) BODYPUMP   Tammy 10:15-11:15 am (G2)	<b>30</b> BODYPUMP   Alyssa 10:00-11:00 am (G2)	<b>31</b> BODYPUMP   Katya 10:45-11:45 am (G2)

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