

AUGUST

strength & toning MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 BODYPUMP Katya 9:45-10:45 am (G2)	2 BODYPUMP Sandy 10:30-11:30 am (G2)
3 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	4 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)	5 BODYPUMP TBD 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)	6 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)	7 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Claire 10:15-11:00 am (G2)	8 BODYPUMP Alyssa 9:45-10:45 am (G2)	9 BODYPUMP Claire 10:30-11:30 am (G2)
10 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	11 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)	12 BODYPUMP Claire 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)	13 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)	14 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Claire 10:15-11:00 am (G2)	15 BODYPUMP Katya 9:45-10:45 am (G2)	16 BODYPUMP Claire 10:30-11:30 am (G2)
17 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	18 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)	19 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Claire 9:00-10:00 am (G2) SS Classic Kelley 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	20 Senior Fun & Fit CLOSED 8:45-9:30 am (G2) Senior Circuit CLOSED 9:45-10:30 am (G2) BODYPUMP CLOSED 12:00-12:45 pm (G2) BODYPUMP CLOSED 4:45-5:45 pm (G2) BODYPUMP CLOSED 7:00-8:00 pm (G2)	21 BODYPUMP CLOSED 5:30-6:30 am (G2) BODYPUMP CLOSED 10:15-11:15 am (G2)	22 BODYPUMP Room Closed 9:45-10:45 am (G2)	23 BODYPUMP Room Closed 10:30-11:30 am (G2)
24 Room Closed	25 ROOM CLOSED	26 BODYPUMP TBD 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)	27 Senior Fun & Fit Hailey 9:45-10:30 am (G2) Senior Circuit Hailey 9:45-10:30 am (G2) BODYPUMP Sandy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	28 BODYPUMP TBD 5:30-6:30 am (G2) BODYPUMP Tammy 10:15-11:15 am (G2)	29 BODYPUMP Alyssa 9:45-10:45 am (G2)	30 BODYPUMP TBD 10:30-11:30 am (G2)
31 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP TBD 7:00-8:00 pm (G2)						

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