

# AUGUST

# strength & toning MONTHLY CLASS SCHEDULE



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

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