AUGUST

strength & toning MONTHLY CLASS SCHEDULE

CHOICE HEALTH & FITNESS

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** 10:30-11:30am (G2)
10 **BODYPUMP | Claire** 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** 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)	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)

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