



















TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.	 Andrew	 Rebecca	Core/Strength Pilates Steven	 Rebecca	5:45 a.m. Spinning/  Laurel New!		
8:00 a.m.						8:00 Spinning Ayla	
8:30 a.m.						8:30  Reese	
9:15 a.m.	Spinning Ayla New!	Sports Circuit Sandy	 New!	Spinning Ayla	Kickboxing Sandy	9:30 Pilates Pauline	
10:15 a.m.	 Carolyn		 Cheryl New!		Total Body Conditioning Carolyn		10:30  Robyn G.
12:00 p.m.	 Carolyn	Vinyasa Yoga Darlene		 Steven New!	 Andrew		
4:30 p.m.		Cardio Circuit Reese					
5:30 p.m.	Spinning Barbara	 Lisa New!	 Carolyn	Spinning Amelia			
6:30 p.m.	 Reese	Spinning Lisa	Kickboxing Reese	 Steven	6:00 PMC Spin Class Kris Lesso		
	7:30 - 8:30  Steven	6:30 - 7:30  Reese					

BODYFLOW™
begins Monday,
July 19th!!! Try
one of these
new exciting
classes that
combine Tai Chi,
Yoga and Pilates