

# August

# GROUP EXERCISE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9-BOSU/CT- Molly 10:15-BS/Abs- Dan 4:45-Tabata-Stephanie 5:45-Yoga- Geri <b>6:50-No Class Tonight</b>	2 9-Cardio/Strength/ Intervals- Terry 4:30-PIYO- Stephanie 5:45-Kick BX/Strength- Krista	3 9-Mat Pilates- Jamie 10:15-Kick BX/Strength Nell 6:30-Kick Azz- Krista	4 9-Jamz- Serena 10:15-Kick Azz-Jennifer 5:45-Yoga- Diane	5 9-ST/CT- Jennifer 10:15-Pilates/Barre- Valerie	6 8:30-20/20/20- Molly
7 9:15-Tabata- Nell 10:30-Yoga- Erin	8 9-BS/Abs- Terry 10:15-Stretch/ Strengthen- Dee 4:45-CT/Abs- Geri 5:45-Yoga- Geri 6:50-Jamz- Serena	9 9-Cardio/Strength/ Intervals- Dan <b>4:30-No Class Tonight</b> 5:45-Turbo Kick-Kelly S	10 9-Mat Pilates- Jamie 10:15-Tabata-Jennifer 6:30-Kick Azz- Krista	11 9-Jamz- Serena 10:15-Kick Azz- Lisa 5:45-Yoga- Diane	12 9-ST/CT- Terry 10:15- Yoga- Geri <b>6:00-Jamz Happy Hour Dance Party! Join Molly-Helen-Petra &amp; Serena. Refreshments afterwards.</b>	13 8:30-Turbo Kick-Lisa
14 9:15-Tabata- Nell 10:30-Yoga- Diane	15 9-BOSU/CT- Molly 10:15-BS/Abs- Terry 4:45-Tabata-Stephanie 5:45-Yoga- Diane 6:50-Jamz- Karen	16 9-Cardio/Strength/ Intervals- Terry 4:30-PIYO-Stephanie 5:45-Kick BX/Strength- Krista	17 9-Mat Pilates- Valerie 10:15-Tabata- Nell 6:30-Kick Azz- Krista	18 9-Jamz- Serena 10:15-Kick Azz-Jennifer 5:45-Yoga- Diane	19 9-20/20/20- Molly 10:15-Pilates/Barre- Valerie	20 8:30-Tabata- Valerie
21 9:15-Cardio/Strength/ Interval- Dan 10:30-Yoga- Diane	22 9-BOSU/CT- Valerie 10:15-Stretch/ Strengthen- Dee 4:45-Tabata-Stephanie 5: 45-Yoga- Geri 6:50-Jamz- Karen	23 9-Cardio/Strength/ Intervals- Jennifer 4:30-PIYO- Stephanie 5:45-Turbo Kick-Kelly S	24 9-Mat Pilates- Jamie 10:15-Turbo Kick- Lisa 6:30-Kick Azz- Krista	25 9-Jamz- Serena 10:15-Kick Azz- Terry 5:45-Yoga- Diane	26 9-ST/CT- Terry 10:15-PIYO- Lisa	27 8:30-20/20/20- Molly
28 9:15-Jamz- Karen 10:30-Yoga- Serena	29 9-BOSU/CT- Jennifer 10:15-BS/Abs- Terry 4:45-Tabata-Stephanie 5:45-Yoga- Geri 6:50-Jamz- Karen	30 9-Cardio/Strength/ Intervals- Valerie 4:30-PIYO- Stephanie 5:45-CT/Abs- Dan	31 9-Mat Pilates- Jamie 10:15-Turbo Kick- Lisa 6:30-Kick Azz- Karen			