

August

GROUP EXERCISE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30-Sit & Fit- Marcella	2 9:15-Lift & Tone-Marcella 10:30-Chair Pilates- Suz 6:30-Lift & Tone- Geri	3 10:30-Sit & Fit- JEN 5:30-CT/Abs-Kelly S 6:30-Easy Yoga-Erin	4 11:30-Chair Pilates- Suz 6:30-Jamz Plus- Helen	5 9:15-Lift & Tone- Terry 10:30-Sit & Fit- Debbie	6 10:15-Yoga- Diane
8 10:30-Sit & Fit- Marcella	9 9:15-Lift & Tone-Jennifer 10:30-Chair Pilates-Suz 6:30-Lift & Tone- Geri	10 10:30-Sit & Fit- JEN 5:30-CT/Abs- DAN 6:30-Easy Yoga- Erin	11 11:30-Chair Pilates- Suz 6:30-Jamz Plus- Helen	12 9:15-Lift & Tone- Nell 10:30-Sit & Fit- Debbie	13 10:15-Yoga- Geri
15 10:30-Sit & Fit- Marcella	16 9:15-Lift & Tone-DAN 10:30-Chair Pilates-Suz 6:30-Lift & Tone- Karen	17 10:30-Sit & Fit- JEN 5:30-CT/Abs- Geri 6:30-Easy Yoga- Geri	18 11:30-Chair Pilates- Suz 6:30-Jamz Plus- Helen	19 9:15-Lift & Tone- Nell 10:30-Sit & Fit- DAN	20 10:15-Yoga- Geri
22 10:30-Sit & Fit-Marcella	23 9:15-Lift & Tone-Valerie 10:30-Chair Pilates-Suz 6:30-Lift & Tone- Karen	24 10:30-Sit & Fit- DAN 5:30-CT/Abs- Kelly S 6:30-Easy Yoga-Erin	25 11:30-Chair Pilates- Suz 6:30-Jamz Plus- Helen	26 9:15-Lift & Tone- Molly 10:30-Sit & Fit- Debbie	27 10:15-Yoga- Erin
29 10:30-Sit & Fit-Marcella	30 9:15-Lift & Tone- Terry 10:30-Chair Pilates-Suz 6:30-Lift & Tone- Geri	31 10:30-Sit & Fit- DAN 5:30-CT/Abs- Kelly S 6:30-Easy Yoga- Diane			