


SUN MON TUE WED THU FRI SAT



**ROCK STEADY
BOXING**

**FORT SANDERS
HEALTH & FITNESS**


MONDAYS AT 2:00PM, STUDIO #1 BEGINNING SEPT. 10TH
As a promotion for the month of Sept. this class will be free to members, Non members may pay a drop in rate of \$20.00 per class. October will require a monthly membership plus a \$30/month upgrade
LOOK FOR FLYERS IN DISPLAY BINS

Attention Cyclists!!
FTW (Functional Threshold Watt) Testing will be administered on

Wed. Sept. 5th, 12:00 (Katie)
Mon. Sept. 10th, 7:15 pm (Chris O)
Thurs. Sept. 20th, 8:30 am (Lori)
Sat. Sept. 22nd, 8:00 am (Nancy)
Tues. Sept. 25th, 6:30 pm (Megan)
Sun. Sept. 30th, 12:00 pm (Megan)

Knowing your FTW will help you fully maximize the capabilities of our IC7 Bikes AND assist you in improving your cardiovascular and muscular system!

8:00 BST (1)	Sunny
8:00 SPIN (2)	Sheila
9:00 Aqua (P)	Kate
9:00 BP (1)	Sheila/Megan
9:00 BF (3)	Cassie
10:00 Aqua Boot Camp	Sommer
10:00 BA (1)	Ashley
10:00 POUND(3)	Cassie
11:00 PM(1)	Kristi
11:15 Yoga(3)	Sheila
12:00 Zumba/CD (1)	Dani
12:30 Barre (3)	Linda

<p>11:30 BST/BP 90 (1) Lara 12:00 SPIN-RPM (2) Meg 1:00 M&M 45 (1) Dani 1:00 Yoga (3) Sheila 1:50 BC (1) Ashley 2:15 Barre (3) Linda 2:55 BP (1) Sheila/Ashley 3:15 GF Yoga 45 (3) Sheila 4:00 Zumba/CD (1) Fumika 4:05 BF (3) Danielle</p>	<p>Club Hours 7:00am-6:00pm</p> 	<p>6:00 BA (1) Shana 6:00 BF (3) Lara 8:00 T&B (3) Kate 8:30 SPIN (2) Chris 8:30 SPIN (2) Shana 8:30 KB (1) Chloe 9:00 Aqua Boot Camp Lara 9:00 BA (1) Eric 9:30 Yoga (3) Susan 10:00 Yoga (3) Ashley/Stephanie 10:30 BP (1) Karen K 11:00 Joint (P) Sunny 11:00 Barre (3) Sunny 12:00 M&M 45 (1) Fumika 12:00 Zumba/CD (3) Debbie 1:00 Aqua Flow (P) Kari 1:30 Parkinson's (2) Stacie 4:30 BST/BP 70 (1) Linda 4:30 Barre (3) Karen 5:30 BF (3) Kristi 5:45 PM 45 (1) Mary Alex 6:30 Spin (2) Rebecca 6:30 BC (1) Karen 6:35 Barre 30 (3)</p>	<p>6:00 HIIT 45 (1) Kate 6:00 SPIN (2) Nancy 8:30 PM (1) Lori 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Eric 10:45 GL (1) Susan 11:00 Aqua (P) Chloe 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BP 45 (1) Sarah 12:00 SPIN (2) Katie 12:30 Int Tai Chi (3) Bill/Linda 1:00 Cardio Str. (1) Pam 2:15 GF Yoga Lori 5:00 POUND (3) Allyson 5:00 Zumba/CD (1) Sunny 5:45 Spin-RPM (2) Ashley 6:00 Aqua (P) Kari 6:00 BP (1) Alesia 6:00 Yoga (3) Sunny 7:00 Feldenkrais (3) Debbie</p>	<p>6:00 BP (1) Nancy 8:00 T&B (3) Nancy 8:30 SPIN (2) Lori 8:30 BSS (1) Donna 9:00 Aqua Boot Camp Karen 9:30 BF (3) Shana 9:30 BST (1) Donna 10:30 Feldenkrais (3) Shana 10:30 BP (1) Karen 12:00 Zumba /CD (3) Chloe 12:00 M&M 45 (1) Lara 1:30 Parkinsons (2) Sarah 4:30 BA (1) Sarah 4:30 Barre (3) Katie 5:30 BST 45 (1) Pam 5:30 BF (3) Lori 6:00 Aqua Boot Camp Allyson 6:20 Total Core 20 (1) Sunny 6:30 PM (3) Ashley 6:45 BC 45 (1) Kari 7:30 Zumba/CD (1) Alesia</p>	<p>6:00 HIIT 45 (1) Nancy 6:00 SPIN (2) Kari 8:30 BP (1) Alesia 8:30 Pilates (3) Deb 9:00 Aqua (P) Sunny 9:35 BF (3) Kristi 9:30 KB (1) Alesia 10:00 Joint (P) Wendy 10:30 GL (1) Lori 10:40 Yoga (3) Shana 11:00 Aqua (P) Katie 11:30 BST/BP 75 (1) Stephanie 12:00 SPIN (2) Wendy 1:00 Zumba Gold (1) Chloe 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) No Class 4:30 Cardio Step (1) Carlissa 5:30 BP (1) Sarah 6:30 BodyAttack (1) Shana</p>	<p>8:00 BST (1) Stacie 8:00 SPIN (2) Sheila 9:00 Aqua (P) Stephanie 9:00 BP (1) Stacie/Sheila 9:00 BF (3) Kristi 10:00 Aqua Boot Camp Chloe 10:00 BA (1) Ashley 10:00 POUND (3) Kristi 11:00 PM(1) Eric 11:15 Yoga(3) Lori 12:00 Zumba/CD (1) Carlissa 12:30 Barre (3) Mary Alex</p>
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(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool
All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown	PYF = Pilates Yoga Fusion	PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance		
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training					Spin-RPM—Les Mills Indoor Cycling Program			

11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Stacie Megan Eric Susan Ashley Mary Alex Danielle/Allison Karen Allyson Karen	9 6:00 Aqua Boot Camp 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN-RAMP TEST (2) 7:30 Zumba (1)	10 Kate Ashley Nancy Chloe Sunny Stephanie Deb Eric Stephanie Eric Shana Dani Chloe Karen Carlissa Susan Shana Kristi Shana Stacie Kristi Wendy Stacie/Allison Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	11 Shana Lara Debbie Cindy Stephanie Chloe Carla Ashley Susan Sarah/Ashley Susan Sunny Chloe Sunny Debbie Nancy Alesia Shana Karen Katie Megan Linda Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN-RPM (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	12 Nancy Shana Kate Donna Karen Sunny Donna Sunny Karen Sunny Kate Bill/Linda Katie Meg Bill/Linda Lori Wendy Alesia Dani Carlissa Kristi Stacie Lori Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	13 Nancy Kate Katie Dani Kate Lara Sunny Debbie Stacie/Stephanie Julie Ashley Nancy Shana Mary Alex Sarah Kristi Lori Sarah Kristi Rebecca Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat (1)	14 Lara Lori Stephanie Wendy Lara Kristi Alesia Lara Stephanie Alesia Nancy Sarah Mary Alex Debbie Julie Debbie Dani Ashley Ashley	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	15 Sunny Cindy Wendy Megan/Allison Sheila Sommer Eric Megan Dani Shana Ildiko Shana
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Alesia Sheila Sommer Shana Sarah Shana Nancy/Sarah Shana Fumika Lara	16 6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	17 Kate Nancy Lara Chloe Lara Stephanie Deb Sommer Stephanie Sommer Sunny Eric Chloe Karen Chris Susan Alesia Allyson Alesia Ashley Kristi Wendy Allison/Ashley Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)	18 Shana Cassie Stephanie Cindy Shana Sommer Lara Eric Susan Ashley/Lara Karen K Sunny Sunny Cassie Debbie Kari Stacie Linda Kristi Mary Alex Carlissa Rebecca Mary Alex	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	19 Nancy Kari Shana Donna Karen Shana Donna Shana Karen Lori Dani Bill/Linda Stacie Katie Bill/Linda Pam Lori Kristi Fumika Wendy Chloe Ashley Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN-RAMP TEST (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	20 Nancy Debbie Lori Katie Stephanie Cassie Sarah Debbie Sarah/Cassie Julie Mary Alex Nancy Stacie Mary Alex Stephanie Danielle Kate Ashley Sommer Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyAttack (1)	21 Kate Nancy Cassie Wendy Kristi Cassie Dani Kristi Stephanie Shana Katie Alesia Lara Debbie Julie Debbie Julie Debbie Carlissa Danielle Ashley	8:00 BST (1) 8:00 SPIN-RAMP TEST(2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	22 Stephanie Nancy Debbie Megan/Stephanie Kristi Dani Stacie Megan Carlissa Karen Carlissa Karen
11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 HIIT 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Alesia Meg Nancy Susan Rebecca Linda Danielle/Allison Linda Allyson Linda	23 6:00 Aqua Boot Camp 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	24 Kate Ashley Nancy Chloe Lara Stephanie Deb Sommer Stephanie Sommer Shana Chloe Lara Cassie Lori Susan Dani Shana Chloe Lara Cassie Lori Susan Dani Alesia Dani Stacie Kristi Wendy Allison/Stacie Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)	25 Shana Kristi Debbie Cindy Stephanie Lara Cassie Sarah Susan Cassie/Stephanie Karen K Shana Mary Alex Chloe Debbie Kari Stacie Chloe Karen Carlissa Megan Ashley Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	26 Nancy Kari Cassie Donna Karen Sunny Donna Shana Karen Shana Sunny Bill/Linda Katie Meg Bill/Linda Pam Lori Kristi Wendy Chloe Ashley Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	27 Stephanie Kate Katie Eric Dani Cassie Sunny Debbie Ashley/Stacie Julie Chloe Nancy Ashley Linda Alesia Karen Sommer Alesia Mary Alex Linda Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat (1)	28 Kate Stephanie Cassie Deb Alesia Kristi Shana Lara Alesia Sunny Nancy Eric Chris Debbie Julie Debbie Julie Eric Lori Julie Linda	8:00 KB (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	29 TBA Chris C Kari Allison/TBD Danielle Kari Eric Kristi Eric Lori Julie Linda
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