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The following classes are postponed for the Summer

Sundays 12:00 SPIN
Wednesdays 4:00 Gentle Flow Yoga
Thursdays 5:35 Total Core
Thursdays 6:15 BodyFlow

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

Fri. May 31st, 8:30am(Shana)
Sun. June 9th, 1:00pm(Lara)
Tues. June 11th, 6:00am(Nancy)
Tues. June 18th, 5:30pm(Katie)

8:00 BodyStep (1)	Chloe
8:00 SPIN (2)	Jorge
9:00 Aqua (P)	Kristi
9:00 BodyPump (1)	Nancy/Stacie
9:00 BodyFlow (3)	Sheila
10:00 Aqua Boot Camp	Sara
10:00 BodyAttack (1)	Stacie
10:00 SPRINT (2)	Shannon
10:00 POUND(3)	Kristi
11:00 PureMuscle(1)	Sara
11:15 Yoga(3)	Sheila
12:00 Zumba/CD (1)	Allyson
12:30 Barre (3)	Linda

2		3		4		5		6		7		8	
11:30 BST/BP 90 (1)	Jackie	6:00 BodyPump (1)	Nancy	6:00 BodyAttack (1)	Shana	6:00 Boot Camp (1)	Lara	6:00 SPRINT (2)	Lara	6:00 Boot Camp (1)	Brigitte	8:00 BodyStep (1)	Stephanie
12:00 SPIN (2)	Postponed	6:00 SPIN-RPM(2)	Meg	6:00 BodyFlow (3)	Jackie	6:00 SPIN (2)	Nancy	6:00 BodyPump (1)	Jackie	6:00 SPIN (2)	Kari	8:00 SPIN (2)	Sheila
1:00 M&M 45 (1)	Courtney	8:00 Barre (3)	Lyssa	8:00 Tone&Balance (3)	Sara	8:30 PureMuscle (1)	Shana	8:00 Tone&Balance (3)	Chloe	8:30 BodyPump (1)	Lara	9:00 Aqua (P)	Linda
1:00 Yoga (3)	Shana	8:15 BodyStep (1)	Chloe	8:15 SPIN (2)	Lori	9:00 Aqua-DW (P)	Chloe	8:15 SPIN (2)	Katie	8:30 Pilates (3)	Lori	9:00 BodyPump (1)	Courtney/Allison
1:50 BodyCombat(1)	Ashley	9:00 Aqua (P)	Stephanie	8:30 KickBoxing (1)	Shana	9:00 Pilates (3)	Karen	8:30 BSS (1)	Lyssa	9:00 Aqua (P)	Shannon	9:00 BodyFlow (3)	Stephanie
2:05 Barre (3)	Shana	9:00 Pilates (3)	Deb	9:00 Aqua Boot Camp	Lara	9:30 Cardio Step 45 (1)	Shana	9:00 Aqua Boot Camp	Chloe	9:35 BodyFlow (3)	Kristi	10:00 Aqua Boot Camp	Sara
2:15 SPRINT (2)	Shannon	9:15 PureMuscle45 (1)	Sara	9:00 BodyFlow (3)	Stephanie	10:00 Jointercize (P)	Donna	9:30 BodyFlow (3)	Meg	9:30 KickBoxing (1)	Shana	10:00 BodyAttack (1)	Shannon
2:55 BodyPump (1)	Sheila/Shannon	10:00 Jointercize (P)	Stephanie	9:30 BodyAttack (1)	Stacie	10:15 CXworx (1)	Chloe	9:30 BodyStep (1)	Alesia	10:00 Jointercize (P)	Wendy	10:00 SPRINT (2)	Mathilde
3:10 GF Yoga 45 (3)	Shana	10:05 Total Core (1)	Chloe	9:45 SPRINT (2)	Sara	10:15 Yoga (3)	Karen	10:30 Feldenkrais (3)	Debbie	10:30 GoLow (1)	Sara	10:00 POUND (3)	Allyson
4:00 Zumba/CD (1)	Fumika	10:15 Yoga (3)	Wendy	10:00 Yoga (3)	Lori	10:45 GoLow (1)	Chloe	10:30 BodyPump (1)	Cassie/Ashley	10:40 Yoga (3)	Shana	11:00 PureMuscle(1)	Sara
4:10 BodyFlow (3)	Sheila	10:45 GoLow (1)	Brigitte	10:30 BodyPump (1)	Stacie/Cassie	11:00 Aqua (P)	Donna	12:00 Zumba /CD (3)	Julie	11:00 Aqua (P)	Katie	11:15 Yoga(3)	Karen
		11:00 Aqua (P)	Chloe	11:00 Jointercize (P)	Karen K	11:30 Beg Tai Chi (3)	Stephanie	12:00 M&M 45 (1)	Ashley	11:30 BST/BP 75 (1)	Stacie	12:00 Zumba/CD (1)	Julie
		12:00 BodyFlow (3)	Katie	12:00 M&M 45 (1)	Chloe	12:00 BodyPump 45 (1)	Wendy	1:30 Parkinsons (2)	Stephanie	12:00 SPRINT (2)	Shana	12:30 Barre (3)	Karen
		12:00 SPIN (2)	Pam	12:00 M&M 45 (1)	Brigitte	12:30 Int Tai Chi (3)	Lyssa	4:30 BodyAttack (1)	Stacie	1:00 Zumba Gold (1)	Debbie		
		1:00 Cardio Str. (1)	Shana	12:00 Zumba/CD (3)	Chloe	1:00 Cardio Str. (1)	Postponed	4:30 Barre (3)	Linda	1:30 Parkinsons (2)	Julie		
		4:30 Cardio Step 45(1)	Debbie	4:00 GF Yoga (3)	Debbie	4:00 GF Yoga (3)	Alesia	5:30 PureMuscle 45(1)	Kristi	2:15 Feldenkrais (3)	Debbie		
		5:00 POUND (3)	Cassie	5:00 POUND (3)	Stephanie	5:00 POUND (3)	Courtney	5:35 Total Core 30 (3)	Postponed	4:30 Cardio Step (1)	Alesia		
		5:15 CXworx (1)	Shana	4:30 BST/BP 70 (1)	Alesia	5:00 M&M 45 (1)	Sara	6:15 Aqua Boot Camp	Sara	5:30 BodyPump (1)	Ashley		
		5:45 BodyAttack45 (1)	Ashley	4:30 Barre (3)	Karen	6:00 SPRINT (2)	Kristi	6:15 BodyCombat (1)	Rebecca				
		6:00 Aqua (P)	Chloe	5:30 BodyFlow (3)	Karen	6:00 Aqua (P)	Courtney	6:15 BodyFlow (3)	Postponed				
		6:00 Yoga (3)	Wendy	5:45 PureMuscle45 (1)	Katie	6:00 BodyPump (1)	Lori	6:15 SPRINT (2)	Mathilde				
		6:30 BodyPump (1)	Allison/Ashley	6:30 SPRINT (2)	Sara	6:00 Yoga (3)	Debbie	6:15 SPRINT (2)	Ildiko				
		7:15 SPIN (2)	Chris	6:30 BodyCombat (1)	Ashley	7:00 Feldenkrais (3)		7:30 Zumba/CD (1)					
		7:30 Zumba (1)	Ildiko	6:35 Barre 30 (3)	Karen								

(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... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP = Combo BodyStep and BodyPump	BSS=Bosu, Stability, Strength	GF Yoga = Gentle Flow Yoga	M&M=Metabolic Meltdown
Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program			
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle			

9	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 Kickboxing(1) 2:05 Barre (3) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)	Stephanie Postponed Sara Sheila Ashley Linda Lara Sheila/Allison Linda Dani Linda	10	6:00 BodyPump (1) 6:00 SPIN-RPM(2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Nancy Meg Lyssa Lara Stephanie Deb Sommer Stephanie Sommer Karen Lori Wendy Linda Chris C Pam Alesia Allyson Ashley Ashley Katie Wendy Allison/Courtney Chris O Ildiko	11	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (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 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 SPRINT (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)	Shannon Lara Sara Cindy Stephanie Lori D Meg Ashley Sarah Wendy Wendy Karen K Lyssa Ashley Cassie Debbie Kari Stacie Linda Kristi Courtney Dani Ashley Linda	12	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) No Class Today 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) No Class Today 1:00 Cardio Str. (1) 4:00 GF Yoga (3) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Kari Lara Donna Karen Dani Donna Shannon Karen Stephanie Shannon Stephanie Cassie Stacie Debbie Allison Cassie Katie Lori D Postponed Alesia Courtney Sara Kristi Sarah Karen Debbie	13	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)	Mathilde Lara Kari Lara Eric Lori Cassie Stacie Debbie Cassie/Sarah Julie Sara Nancy Stacie Linda Allison Postponed Sommer Rebecca Postponed Dani Allyson	14	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack(1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)	Sommer Nancy Stephanie Wendy Debbie Kristi Stephanie Wendy Shannon Lori Nancy Stacie Shannon Debbie Julie Debbie Allison Dani Courtney	15	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stacie Jorge Kari Sarah/Stacie Meg Kari Eric Sarah Allison Sommer Wendy Julie Linda
16	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)	Stacie Postponed Sommer Jackie Shannon Jackie Sarah Sarah/Allison Jackie Dani Danielle	17	6:00 BodyPump (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Stephanie Lori Lyssa Chloe Stephanie Deb Sommer Stephanie Sommer Wendy Eric Chloe Karen Chris Pam Brigitte Allyson Stacie Stacie Kristi Wendy Allison/Courtney Chris O Ildiko	18	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (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 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 SPRINT (2) 6:30 KickBoxing (1) 6:35 Barre 30 (3)	Shannon Jackie Lyssa Cindy Brigitte Meg Lara Eric Dani Wendy Stephanie/Cassie Karen K Chloe Chloe Allyson Debbie Kari Stacie Linda Linda Courtney Sara Courtney Linda	19	6:00 Boot Camp (1) 6:00 SPIN-RPM (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 4:00 GF Yoga (3) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Sara Meg Brigitte Donna Karen Brigitte Donna Chloe Karen Chloe Shannon Bill/Linda Danielle Carlissa Bill/Linda Lyssa Postponed Kristi Courtney Sarah Kristi Stacie Lori Debbie	20	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)	Lara Jackie Katie Kari Eric Lori Danielle Chloe Debbie Sarah/Ashley Julie Brigitte Stephanie Ashley Karen Allison Sara Ashley Postponed Shannon Ildiko	21	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)	Sommer Lara Lara Wendy Kristi Meg Dani Kristi Sara Lori Pam Stacie Sarah Debbie Julie Debbie Carlissa Shannon	22	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stacie Jorge Pam Stacie/Shannon Kristi Meg Eric Dani Kristi Carlissa Karen Carlissa Karen
23	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 Kickboxing(1) 2:05 Barre (3) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)	Stacie Postponed Eric Lori Courtney Linda Lara Lara/Courtney Linda Allyson Linda	24	6:00 BodyPump (1) 6:00 SPIN-RPM (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Nancy Meg Lyssa Chloe Stephanie Deb Eric Stephanie Eric Karen Eric Shannon Meg Chris Pam Alesia Allyson Sommer Ashley Wendy Shannon Meg Chris	25	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 Kick Boxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (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 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 SPRINT (2) 6:30 BodyCombat(1) 6:35 Barre 30 (3)	Shannon Lara Debbie Cindy Dani Sommer Lara Eric Mathilde Wendy Ashley/Stephanie Karen K Chloe Ashley Debbie Stephanie Stacie Lyssa Karen Allison Dani Ashley Karen	26	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) No Class Today 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) No Class Today 1:00 Cardio Str. (1) 4:00 GF Yoga (3) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Sommer Nancy Cassie Donna Karen Dani Donna Chloe Karen Stephanie Chloe Carlissa Lori D Postponed Kristi Shannon Kristi Stacie Lori Debbie	27	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)	Lara Nancy Wendy Lori Eric Meg Cassie Alesia Debbie Ashley/Cassie Julie Chloe Nancy Ashley Chloe Kristi Postponed Shannon Mathilde Ildiko	28	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack(1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)	Nancy Lara Lara Deb Kristi Stephanie Alesia Kristi Lori Alesia Nancy Shannon Debbie Julie Debbie Carlissa Ashley	29	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Nancy Lara Donna Allison/Nancy Danielle Lori D Ashley Shannon Kristi Carlissa Lori Carlissa Lyssa
31	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)	Lara Postponed Nancy Lori Rebecca Linda Sara Danielle/Ashley Linda Allyson Linda	31	6:00 BodyPump (1) 6:00 SPIN-RPM (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Nancy Meg Lyssa Chloe Stephanie Deb Eric Stephanie Eric Karen Eric Shannon Meg Chris Pam Alesia Allyson Sommer Ashley Wendy Ashley/Shannon Chris O Ildiko	31	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 Kick Boxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (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 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 SPRINT (2) 6:30 BodyCombat(1) 6:35 Barre 30 (3)	Shannon Lara Debbie Cindy Dani Sommer Lara Eric Mathilde Wendy Ashley/Stephanie Karen K Chloe Ashley Debbie Stephanie Stacie Lyssa Karen Allison Dani Ashley Karen	31	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) No Class Today 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) No Class Today 1:00 Cardio Str. (1) 4:00 GF Yoga (3) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Sommer Nancy Cassie Donna Karen Dani Donna Chloe Karen Stephanie Chloe Carlissa Lori D Postponed Kristi Shannon Kristi Stacie Lori Debbie	31	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)	Lara Nancy Wendy Lori Eric Meg Cassie Alesia Debbie Ashley/Cassie Julie Chloe Nancy Ashley Chloe Kristi Postponed Shannon Mathilde Ildiko	31	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack(1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)	Nancy Lara Lara Deb Kristi Stephanie Alesia Kristi Lori Alesia Nancy Shannon Debbie Julie Debbie Carlissa Ashley			