

**This month @ the Falls...**

**\* Labor Day Specials**

**Don't miss this special day of classes  
Kickboxing, Cycle, ATC, Bootcamp, and Yoga**

**Spotlight:**

- \* New time for Cycle Express- 12:45-1:15/1:30**
- \* Kidz Functional Fit Mondays 4:30 & 5:00pm with Josh**
- \* Kidz Zumba Tuesdays 4:30 & 5:00 pm with Sue**
- \* Kidz Yoga Wednesdays 4:30 & 5:00 pm with Cheryl**



MONDAY 8/27		TUESDAY 8/28		WEDNESDAY 8/29		THURSDAY 8/30		FRIDAY 8/31		SATURDAY 9/1	
<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>	
5:35a Boot Camp	Michelle	8:30a Cardio & Core	Aubrey	5:35a Muscle	Heather	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Aubrey
8:30a Barbell Strength	Phillip	9:30a Zumba	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a Bootcamp	Geraldine
9:30a Kickbox	Aubrey	10:30a PiYO Live	Marisa	9:30a Muscle Strength	Marisa	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige	<b>CYCLE Studio</b>	
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Laura					8:30a Cycle	Tricia
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZBoot Camp(3-6)	Howie							<b>POOL</b>	
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZBoot Camp(7-11)	Howie			5:30p Zumba	Sue			9:00a ATC/Aqua Fit	Cheryl
5:30p Teen Athletic	Geraldine	5:30p Kick & Sculpt	Marisa	6:20p Muscle Strength	Mia	6:30p Yoga	Carol			OUTDOOR POOL AREA	
6:20p Bootcamp	Geraldine	6:20p Crossover Fit	Michelle	7:10p Pilates	Carol					<b>SUNDAY 9/2</b>	
7:10p Pilates	Carol									<b>GX Studio</b>	
<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		2:05p Dance Funk	
9:30a Cycle	Geraldine	5:35a Cycle	Geraldine	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris			3:05p Yoga	Paige
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Tricia	9:30a Cycle	Janice		
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Shearon	9:00a ATC-Lazy River	Cheryl	9:00a Water Explosion	Heather	9:00a ATC-Lazy River	Rachael	9:00a Aqua Fitness	Rachael		
		7:05p Aqua Intervals	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 9/3	TUESDAY 9/4	WEDNESDAY 9/5	THURSDAY 9/6	FRIDAY 9/7	SATURDAY 9/8
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
8:30a Kickbox 9:30a Bootcamp 10:30a Yoga Flow Aubrey Phillip Laura	8:30a Cardio & Core 9:30a Zumba 10:30a PiYO Live 11:30a Back to Basics Aubrey Carolina Amanda Sarah	5:35a Muscle 8:30a Crossover Fit 9:30a Muscle Strength 10:30a Yoga Heather Michelle Geraldine Laura	8:30a Mindful Movement 9:30a INSANITY 10:45a BYO Foam Roll Josh Michelle Stacy	8:30a The MIX 9:30a Kickbox 10:30a Yoga Aubrey Aubrey Paige	8:15a INSANITY Live 9:05a Kickbox Aubrey Aubrey
<b>HAPPY LABOR DAY Modified Group Fitness Schedule NO EARLY EVENING CLASSES</b>	4:30p KidZ Zumba(3-6) 5:00p KidZ Zumba(7-10) 5:30p Kick & Sculpt 6:20p Crossover Fit Sue Sue Marisa Michelle	4:30p KidzYoga(3-6) 5:00p KidzYoga(7-10) 5:30p Teen Athletic 6:20p Muscle Strength 7:10p Pilates Cheryl Cheryl Geraldine Denae Carol	5:30p Zumba 6:30p Yoga Sue Carol		<b>CYCLE Studio</b>
					8:30a Cycle Becky
					<b>POOL</b>
					9:00a ATC/Aqua Fit OUTDOOR POOL AREA Cheryl
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
Cycle with Geraldine 9:00 am-10:00 am	5:35a Cycle 9:30a Cycle Tricia Sarah	12:45p Cycle Express 30/45 min class Geraldine	5:35a Cycle 6:00p Cycle Chris Tricia	9:30a Cycle Janice	2:05p Cardio & Core 3:05p Yoga Jamie Tiffany C
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00 a Aqua/ATC Outdoors w/ Cheryl	7:05p Aqua Intervals Shearon	9:00a Water Explosion Heather	9:00a ATC-Lazy River 7:05p Aqua Circuits Cheryl Cheryl	9:00a Aqua Fitness Rachael	

MONDAY 9/10	TUESDAY 9/11	WEDNESDAY 9/12	THURSDAY 9/13	FRIDAY 9/14	SATURDAY 9/15
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35a Boot Camp 8:30a Barbell Strength 9:30a Kickbox 10:30a Yoga Flow Michelle Phillip Aubrey Laura	8:30a Cardio & Core 9:30a Zumba 10:30a PiYO Live 11:30a Back to Basics Aubrey Tammy Amanda Sarah	5:35a Muscle 8:30a Crossover Fit 9:30a Muscle Strength 10:30a Yoga Heather Michelle Marisa Laura	8:30a Mindful Movement 9:30a INSANITY 10:45a BYO Foam Roll Josh Michelle Stacy	8:30a The MIX 9:30a Kickbox 10:30a Yoga Aubrey Aubrey Tiffany	8:15a INSANITY Live 9:05a PiYO Live Marisa Marisa
4:30p KidZ Functional Fit(3-6) 5:00p KidZ Functional Fit(7-11) 5:30p Teen Athletic 6:20p Bootcamp 7:10p Pilates Josh Josh Geraldine Geraldine Carol	4:30p KidZ Zumba(3-6) 5:00p KidZ Zumba(7-10) 5:30p Kick & Sculpt 6:20p Crossover Fit Sue Sue Marisa Michelle	4:30p KidzYoga(3-6) 5:00p KidzYoga(7-10) 5:30p Teen Athletic 6:20p Muscle Strength 7:10p Pilates Cheryl Cheryl Geraldine Mia Carol	5:30p Zumba 6:30p Yoga Sue Carol		<b>CYCLE Studio</b>
					8:30a Cycle Phillip
					<b>POOL</b>
					9:00a ATC/Aqua Fit OUTDOOR POOL AREA Shearon
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
9:30a Cycle 6:00p Cycle Geraldine Sarah	5:35a Cycle 9:30a Cycle TBA Sarah	12:45p Cycle Express 30/45 min class Geraldine	5:35a Cycle 6:00p Cycle Chris Janice	9:30a Cycle Janice	2:05p Dance Funk 3:05p Yoga Tammy Tiffany C
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
9:00a Water Explosion Shearon	7:05p Aqua Intervals Cheryl	9:00a Water Explosion Heather	9:00a ATC-Lazy River 7:05p Aqua Circuits Cheryl Cheryl	9:00a Aqua Fitness Rachael	

MONDAY 9/17		TUESDAY 9/18		WEDNESDAY 9/19		THURSDAY 9/20		FRIDAY 9/21		SATURDAY 9/22	
<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>	
5:35a Boot Camp	Michelle	8:30a Cardio & Core	Aubrey	5:35a Muscle	Heather	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Aubrey
8:30a Barbell Strength	Phillip	9:30a Zumba	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a Boot Camp	Phillip
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30a Muscle Strength	Geraldine	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige	<b>CYCLE Studio</b>	
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Laura					8:30a Cycle	
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZ Zumba(3-6)	Sue	4:30p KidzYoga(3-6)	Cheryl					Geraldine	
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZ Zumba(7-10)	Sue	5:00p KidzYoga(7-10)	Cheryl					<b>POOL</b>	
5:30p Teen Athletic	Geraldine	5:30p Kick & Sculpt	Jamie	5:30p Teen Athletic	Geraldine	5:30p Zumba	Sue			9:00a ATC/Aqua Fit	
6:20p Bootcamp	Geraldine	6:20p Crossover Fit	Michelle	6:20p Muscle Strength	Denae	6:30p Yoga	Carol			Paula	
7:10p Pilates	Carol			7:10p Pilates	Carol					OUTDOOR POOL AREA	
<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>GX Studio</b>	
9:30a Cycle	Geraldine	5:35a Cycle	TBA	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Zumba	
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Tricia	9:30a Cycle	Janice	3:05p Yoga	
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Shearon			9:00a Water Explosion	Heather	9:00a ATC-Lazy River	Cheryl	9:00a Aqua Fitness		Rachael	
		7:05p Aqua Intervals	Cheryl			7:05p Aqua Circuits	Cheryl				

MONDAY 9/24		TUESDAY 9/25		WEDNESDAY 9/26		THURSDAY 9/27		FRIDAY 9/28		SATURDAY 9/29	
<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>		<b>GX Studio</b>	
5:35a Boot Camp	Michelle	8:30a Cardio & Core	Aubrey	5:35a Muscle	Heather	8:30a Mindful Movement	Josh	8:30a The MIX	Aubrey	8:15a INSANITY Live	Marisa
8:30a Barbell Strength	Phillip	9:30a Zumba	Carolina	8:30a Crossover Fit	Michelle	9:30a INSANITY	Michelle	9:30a Kickbox	Aubrey	9:05a Bootcamp	Phillip
9:30a Kickbox	Aubrey	10:30a PiYO Live	Amanda	9:30a Muscle Strength	Geraldine	10:45a BYO Foam Roll	Stacy	10:30a Yoga	Paige	<b>CYCLE Studio</b>	
10:30a Yoga Flow	Laura	11:30a Back to Basics	Sarah	10:30a Yoga	Laura					8:30a Cycle	
4:30p KidZ Functional Fit(3-6)	Josh	4:30p KidZ Zumba(3-6)	Sue	4:30p KidzYoga(3-6)	Cheryl					Chris	
5:00p KidZ Functional Fit(7-11)	Josh	5:00p KidZ Zumba(7-10)	Sue	5:00p KidzYoga(7-10)	Cheryl					<b>POOL</b>	
5:30p Teen Athletic	Geraldine	5:30p Kick & Sculpt	Marisa	5:30p Teen Athletic	Geraldine	5:30p Zumba	Sue			9:00a ATC/Aqua Fit	
6:20p Bootcamp	Geraldine	6:20p Crossover Fit	Michelle	6:20p Muscle Strength	Denae	6:30p Yoga	Carol			Cheryl	
7:10p Pilates	Carol			7:10p Pilates	Carol					OUTDOOR POOL AREA	
<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>CYCLE Studio</b>		<b>GX Studio</b>	
9:30a Cycle	Geraldine	5:35a Cycle	TBA	12:45p Cycle Express	Geraldine	5:35a Cycle	Chris			2:05p Cardio & Core	
6:00p Cycle	Sarah	9:30a Cycle	Sarah	30/45 min class		6:00p Cycle	Janice	9:30a Cycle	Janice	3:05p Yoga	
<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>		<b>POOL</b>			
9:00a Water Explosion	Shearon			9:00a Water Explosion	Heather	9:00a ATC-Lazy River	Cheryl	9:00a Aqua Fitness		Rachael	
		7:05p Aqua Intervals	Cheryl			7:05p Aqua Circuits	Cheryl				