



<b>MONDAY 7/29</b>	<b>TUESDAY 7/30</b>	<b>WEDNESDAY 7/31</b>	<b>THURSDAY 8/1</b>	<b>FRIDAY 8/2</b>	<b>SATURDAY 8/3</b>
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix Betsy 8:00a Muscle strength Betsy 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie 11:45a MX4 Joe	8:00a Zumba Carolina <b>9:15a Tone Zone Natalie</b> 10:15 Full Body Stretch Katie	5:35a Bootcamp Valerie 9:15am Muscle Denae 10:30a Gentle Yoga Stephanie <b>11:45a MX4 Natalie</b>	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi <b>10:30a Back to Basics Sarah</b>	5:35a Bootcamp Valerie <b>7:50a MX4 Natalie</b> 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Stephanie	8:15a Bootcamp Betsy
5:00p Teen Athletics Natalie <b>6:00p Monday night Bootcamp Natalie</b> 7:00p Yoga Tiffany	6:00p Muscle Strength Natalie 7:00p Pilates Stephanie	5:00p Body Pump Gail 6:00p Bootcamp Natalie	6:00p Zumba Carolina 7:00p Relax/Restore Yoga Stephanie		<b>CYCLE Studio</b> <b>8:15a Cycle Janice</b>
					<b>POOL</b>
					9:00a Against the current Heather
					<b>SUNDAY 8/4</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
<b>9:30a Cycle Geraldine</b>	<b>5:35a Cycle Betsy</b>	<b>10:30a Cycle &amp; strength Geraldine</b>	<b>5:35a Cycle &amp; strength Ashley 6:00p Cycle Tricia</b>	<b>9:30a Cycle Geraldine</b>	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
8:00a Aqua Zumba Hannah	9:00a Against the current Jennifer 7:00p Aqua Aerobics Jennifer	8:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	
<b>MONDAY 8/5</b>	<b>TUESDAY 8/6</b>	<b>WEDNESDAY 8/7</b>	<b>THURSDAY 8/8</b>	<b>FRIDAY 8/9</b>	<b>SATURDAY 8/10</b>
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix Ashley 8:00a Muscle strength Heather 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie 11:45a MX4 Joe	8:00a Zumba Carolina <b>9:15a Tone Zone Natalie</b> 10:15 Full Body Stretch Katie	5:35a Bootcamp Heather 9:15am Muscle Geraldine 10:30a Gentle Yoga Stephanie <b>11:45a MX4 Natalie</b>	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi <b>10:30a Back to Basics Sarah</b>	5:35a Bootcamp Heather <b>7:50a MX4 Natalie</b> 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Katie	8:15a Bootcamp Joe 9:15am Danz Insanity Malika
5:00p Teen Athletics Natalie <b>6:00p Monday night Bootcamp Natalie</b> 7:00p Yoga Tiffany	6:00p Muscle Strength Heather 7:00p Barre & stretch Heather	5:00p Body Pump Gail 6:00p Bootcamp Natalie	6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee		<b>CYCLE Studio</b> <b>8:15a Cycle Heather</b>
					<b>POOL</b>
					9:00a Against the current Rachael
					<b>SUNDAY 8/11</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>GX Studio</b>
<b>9:30a Cycle Geraldine</b>	<b>5:35a Cycle Betsy</b>	<b>10:30a Cycle &amp; strength Geraldine</b>	<b>5:35a Cycle &amp; strength Ashley 6:00p Cycle Tricia</b>	<b>9:30a Cycle Geraldine</b>	
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
8:00a Aqua Zumba Hannah	9:00a Against the current Jennifer 7:00p Aqua aerobics Jennifer	8:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	

MONDAY 8/12	TUESDAY 8/13	WEDNESDAY 8/14	THURSDAY 8/15	FRIDAY 8/16	SATURDAY 8/17
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix Betsy 8:00a Muscle strength Heather 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie 11:45a MX4 Joe  5:00p Teen Athletics Natalie 6:00p Monday night Bootcamp Natalie 7:00p Yoga Tiffany	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie  6:00p Muscle Strength Heather 7:00p Barre & stretch Heather	5:35a Bootcamp Heather 9:15am Muscle Denae 10:30a Gentle Yoga Patsy 11:45a MX4 Natalie  5:00p Body Pump Gail 6:00p Bootcamp Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Sarah  6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee	5:35a Bootcamp Heather 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Stephanie	8:15a Boot Camp Heather   <b>CYCLE Studio</b> 8:15a Cycle Janice  <b>POOL</b> 9:00a Against the current Susie
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 8/18</b>
9:30a Cycle Geraldine	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Ashley 6:00p Cycle Tricia	9:30a Cycle Geraldine	<b>GX Studio</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
8:00a Aqua Zumba Hannah	9:00a Against the current Jennifer 7:00p Aqua aerobics Jennifer	8:00a Water Explosion Heather	9:00a Against the current Rachael 7:00p Aqua aerobics Dee	9:00a Aqua Aerobics Rachael	

MONDAY 8/19	TUESDAY 8/20	WEDNESDAY 8/21	THURSDAY 8/22	FRIDAY 8/23	SATURDAY 8/24
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix Betsy 8:00a Muscle strength Phillip 9:30a Body Conditioning Natalie 10:30a Yoga Stephanie 11:45a MX4 Joe  5:00p Teen Athletics Natalie 6:00p Monday night Bootcamp Natalie 7:00p Yoga Tiffany	8:00a Zumba Carolina 9:15a Tone Zone Natalie 10:15 Full Body Stretch Katie  6:00p Muscle Strength Heather 7:00p Barre & stretch Heather	5:35a Bootcamp Phillip 9:15am Muscle Geraldine 10:30a Gentle Yoga Patsy 11:45a MX4 Natalie  5:00p Body Pump Gail 6:00p Bootcamp Natalie	8:15a Circuit Bootcamp Michelle 9:15a Danz Insanity Gigi 10:30a Back to Basics Sarah  6:00p Zumba Carolina 7:00p Relax/Restore Yoga Rakhee	5:35a Bootcamp Phillip 7:50a MX4 Natalie 8:30a The Mix Denae 9:30a Kickbox Natalie 10:30a Yoga Stephanie	8:15a Boot Camp Natalie   <b>CYCLE Studio</b> 8:15a Cycle Chris  <b>POOL</b> 9:00a Against the current Jennifer
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>SUNDAY 8/25</b>
9:30am Cycle Geraldine	5:35a Cycle Betsy	10:30a Cycle & strength Geraldine	5:35a Cycle & strength Ashley 6:00p Cycle Tricia	9:30a Cycle Geraldine	<b>GX Studio</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	
8:00a Water Explosion Heather	9:00a Against the current Jennifer 7:00p Aqua aerobics Jennifer	8:00a Aqua Aerobics Jennifer	9:00a Against the current Rachael 7:00p Aqua aerobics Valerie	9:00a Aqua Aerobics Rachael	

<b>MONDAY 8/26</b>	<b>TUESDAY 8/27</b>	<b>WEDNESDAY 8/28</b>	<b>THURSDAY 8/29</b>	<b>FRIDAY 8/30</b>	<b>SATURDAY 8/31</b>
<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>	<b>GX Studio</b>
5:35am Monday Mix      Betsy 8:00a Muscle strength      Phillip 9:30a Body Conditioning      Natalie 10:30a Yoga      Patsy 11:45a MX4      Joe	8:00a Zumba      Carolina <b>9:15a Tone Zone      Natalie</b> 10:15 Full Body Stretch      Katie	5:35a Bootcamp      Phillip 9:15am Muscle      Denae 10:30a Gentle Yoga      Patsy <b>11:45a MX4      Natalie</b>	8:15a Circuit Bootcamp      Michelle 9:15a Danz Insanity      Gigi <b>10:30a Back to Basics      Sarah</b>	5:35a Bootcamp      Phillip <b>7:50a MX4      Natalie</b> <b>8:30a The Mix      Denae</b> 9:30a Kickbox      Natalie 10:30a Yoga      Katie	8:15a Boot Camp      Betsy
5:00p Teen Athletics      Natalie <b>6:00p Monday night Bootcamp</b> Natalie 7:00p Yoga      Tiffany	6:00p Muscle Strength      Heather 7:00p Barre & stretch      Heather	5:00p Body Pump      Gail 6:00p Bootcamp      Natalie	6:00p Zumba      Carolina 7:00p Relax/Restore Yoga      Rakhee	9:30a Kickbox      Natalie 10:30a Yoga      Katie	<b>CYCLE Studio</b> <b>8:15a Cycle      Janice</b>
<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>CYCLE Studio</b>	<b>POOL</b>
<b>9:30am Cycle      Geraldine</b>	<b>5:35a Cycle      Betsy</b>	<b>10:30a Cycle &amp; strength      Geraldine</b>	<b>5:35a Cycle &amp; strength      Ashley</b> <b>6:00p Cycle      Tricia</b>	<b>9:30a Cycle      Geraldine</b>	<b>9:00a Against the current      Hannah</b>
<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>POOL</b>	<b>SUNDAY 9/1</b>
8:00a Water Explosion      Heather	9:00a Against the current      Jennifer 7:00p Aqua aerobics      Jennifer	8:00a Aqua Aerobics      Jennifer	9:00a Against the current      Rachael 7:00p Aqua aerobics      Phillip	9:00a Aqua Aerobics      Rachael	<b>GX Studio</b>