



















August Fitness Classes (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am		
EASY DOES IT 9-10AM TAICHI STEP/SCULPT 9:30-10:30am	EASY DOES IT 9-10AM FIT PARTY 	TOTAL BODY 9:30-10:30am	EASY DOES IT 9-10AM STRENGTH 	 9:30-10:30am	
	BALL 10-10:30AM 	Restorative YOGA 10-10:45am	BALL 10-10:30AM	Kids YOGA 10-10:45am	
EASY DOES IT HI-LO 10:35-11:35am	EASY DOES IT CHAIR/MAT 10:35-11:35am	EASY DOES IT STRENGTH 10:35-11:35am	EASY DOES IT ROTATION 10:35-11:35am	EASY DOES IT TAI CHI 10:35-11:35am	
CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm		
 INTERVAL 5:30-6:30pm	 SPIN 5:30-6:15pm	 SUPER STEP 5:30-6:30pm			
YOGA 6-7pm 	YOGA 6-7pm	ABC'S arms, butt, core 6:30-7:15pm 	Yogalates 6:15-7pm 		
WERQ 6:30-7:30pm	ZUMBA 6:30-7:30pm	SPIN 6:45-7:30	WERQ 6:30-7:30pm	LINE DANCE 6:30-7:30PM 	
	PILATES 7-8pm	BLT butt, legs, tummy 7:15-8pm	AB's & Glutes 7-7:30pm		
BARRE 7:15-8pm 		ZUMBA 7:30-8:30pm			FEES ON BACK