



### AUGUST 2021 GROUP FITNESS SCHEDULE

	TIME	CLASS	INSTRUCTOR	LENGTH	LOCATION	DAY	TIME	CLASS	INSTRUCTOR	LENGTH	LOCATION	
<b>MONDAY</b>	5:05 AM	HIIT CIRCUIT	Sandy	45	MX4 Area	<b>WEDNESDAY</b>	10:30 AM	YOGA	Sandy	50	Group Fitness	
	6:00 AM	YOGA	Sandy	50	Group Fitness		11:30 AM	MAT PILATES	Sandy	50	Group Fitness	
	7:00 AM	HIIT CIRCUIT	Katie S	50	MX4 Area		12:30 PM	GLUTES AND ABS	Sydney	40	Group Fitness	
	8:00 AM	HYDRO FITNESS	Jodi	50	Pool		5:30 PM	MAT PILATES	Laura	50	Cycle	
	8:00 AM	BODYPUMP	Ellen	50	Group Fitness		6:00 PM	HIIT CIRCUIT	Sydney	40	Group Fitness	
	8:30 AM	CYCLE CRAZE	Natalie	45	Cycle		6:15 PM	BOXING	Pat	50	Bootcamp	
	9:00 AM	TOTAL BODY BLAST	Sara	50	Group Fitness		7:00 PM	BOXING	Pat	50	Bootcamp	
	10:00 AM	ZUMBA	Aisha	50	Group Fitness		<b>THURSDAY</b>	7:00 AM	BODYPUMP	Joanne	50	Group Fitness
	11:00 AM	TABATA	Aisha	40	Group Fitness			8:00 AM	BODYFLOW	Joanne	50	Group Fitness
	12:00 PM	BARRE	Stephanie M	40	Group Fitness			8:00 AM	CYCLE	Natalie	50	Cycle
	12:30 PM	GLUTES AND ABS	Sydney	40	Cycle			9:00 AM	MAT PILATES	Natalie	45	Group Fitness
	5:30 PM	BODYCOMBAT	Janelle	50	Group Fitness			9:00 AM	TABATA CIRCUITS	Sara	50	Cycle
	6:00 PM	HIIT CIRCUIT	Sydney	35	MX4/Bootcamp			10:00 AM	HYDRO FITNESS	Stephanie M	50	Pool
	6:15 PM	BOXING	Pat	50	Bootcamp			10:00 AM	ZUMBA	Aisha	50	Group Fitness
	6:30 PM	BODYFLOW	Mari	50	Group Fitness			11:00 AM	PURE CORE	Aisha	30	Group Fitness
7:00 PM	BOXING	Pat	50	Bootcamp	12:00 PM	TOTAL BARBELL		Adam	50	Group Fitness		
<b>TUESDAY</b>	5:05 AM	BODYPUMP	KC	50	Group Fitness	5:30 PM		BARRE	Stephanie M	50	Group Fitness	
	7:00 AM	BODYPUMP	Joanne	50	Group Fitness	6:00 PM	ZUMBA	Jackie	50	Cycle		
	8:00 AM	BODYFLOW	Joanne	50	Group Fitness	<b>FRIDAY</b>	5:05 AM	HIIT CIRCUIT	Sandy	50	MX4 Area	
	8:30 AM	CYCLE	Natalie	50	Cycle		7:00 AM	HIIT CIRCUIT	Katie S	50	MX4 Area	
	9:00 AM	BODYCOMBAT	Caryn	50	Group Fitness		8:00 AM	HYDRO FITNESS	Jodi	50	Pool	
	9:30 AM	HYDRO FITNESS	Stephanie M	50	Pool		8:00 AM	BODYFLOW	Joanne	50	Group Fitness	
	10:00 AM	MAT PILATES	Natalie	45	Group Fitness		8:45 AM	CYCLE CRAZE	Sara	50	Cycle	
	10:00 AM	CYCLE CRAZE	Stephany	50	Cycle		9:00 AM	BODYPUMP	Caryn	45	Group Fitness	
	11:30 AM	STRETCH AND RESTORE	Stephanie M	50	Cycle		10:00 AM	STRETCH AND RESTORE	Laura	50	Cycle	
	11:30 AM	BARRE	Laura	50	Group Fitness		10:15 AM	TABATA	Stephany	50	Group Fitness	
TOTAL BODY	Sara/Tammy				11:30 AM		BARRE	Stephanie M	50	Group Fitness		
5:00 PM	CONDITIONING	/Steph	50	Group Fitness	<b>SATURDAY</b>		8:45 AM	BODYPUMP	KC	50	Group Fitness	
6:00 PM	CYCLE CRAZE	Tammy	50	Cycle		9:00 AM	CYCLE CRAZE	Rotation	50	Cycle		
<b>WEDNESDAY</b>	5:05 AM	HIIT CIRCUIT	Sandy	50		MX4 Area	9:00 AM	HYDRO FITNESS	Stephanie M	50	Pool	
	6:00 AM	YOGA	Sandy	50		Group Fitness	9:30 AM	HIIT CIRCUIT	Rotation	50	MX4 Area	
	7:00 AM	HIIT CIRCUIT	Katie S	50		MX4 Area	10:00 AM	BODYFLOW	Mari M.	50	Group Fitness	
	8:00 AM	HYDRO FITNESS	Jodi	60	Pool	<b>SUNDAY</b>	3:00 PM	CYCLE CRAZE	Garrett	50	Cycle	
	8:30 AM	CYCLE & CORE	Natalie	50	Cycle							
9:00 AM	TOTAL BODY BLAST	Stephany	50	Group Fitness								
10:00 AM	HYDRO X	Stephanie M	50	Pool								
10:00 AM	CYCLE CRAZE	Natalie	50	Cycle								