

September Class Schedule

Cardio & Strength						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Power Fit Heather 5:30-6:30		Power Fit Heather 5:30-6:30		
	Step Kelly 8:10-9:10		Cardio Rotates 8:10-9:10		Step Kelly 8:10-9:10	
		Power Fit Kristina 9:15-10:15		Power Fit Kristina 9:15-10:15		Power Fit Rotates 9:15-10:15
PM	Cardio Blast Karyn 5:30-6:30	Power Fit Laura 5:35-6:35				

Yoga & Pilates						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Hot Yoga Shannon 5:30-6:15					
	Pilates Connie 8:00-9:00	Yoga Connie 8:00-9:00		Yoga Jondrea 8:00-9:00	Pilates Judy 8:00-9:00	
	Yoga Judy 9:15-10:15	Yoga Brittany 9:15-10:15	Yoga Brittany 9:15-10:15	Yoga Judy 9:15-10:15	Yoga Jondrea 9:15-10:15	Yoga Rotates 9:15-10:15
		Chair Yoga Lucinda 10:30-11:30	Mindfulness Athena 10:30-11:30	Chair Yoga Judy 10:30-11:30		
PM	Yoga Brittany 5:30-6:30	Yoga Kristi 5:30-6:30	Yoga Rotates 5:30-6:30	Yoga Sarah 5:15-6:15		

Spin						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Spin Lori 5:30-6:15	Spin Melissa 5:30-6:15	Spin Stephanie 5:30-6:15		Spin Lori 5:30-6:15	
						Spin Rotates 8:05-9:05
PM	Spin Morgan 9:30-10:15		Spin Karen 9:30-10:15			
	Spin Laura 5:35-6:20		Spin Lori 5:35-6:20			