



FITNESS CLASS SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM CLASSES	8:00						BOOT CAMP - MEGAN
	8:00		INTRO TO STRENGTH KRISSEY	INTRO TO STRENGTH KRISSEY	INTRO TO STRENGTH KRISSEY		
	8:15	WATER AEROBICS - MARIA		WATER AEROBICS - MARIA		WATER AEROBICS - MARIA	
	8:30	BARRE ABOVE MELISSA				BARRE ABOVE MELISSA	
	9:00			BARRE ABOVE MELISSA			ZUMBA - CARRIE
	9:15		WATER AEROBICS GINGER	WATER AEROBICS GINGER	WATER AEROBICS GINGER	WATER AEROBICS GINGER	
	10:15			AMANDA- YOGA			
PM CLASSES	5:30		POWER CIRCUIT KATIE		POWER CIRCUIT KATIE		
	5:30		BOOT CAMP - MEGAN	BOOT CAMP - MEGAN	BOOT CAMP - MEGAN		
	6:30		ZUMBA - CARRIE		ZUMBA - CARRIE		
	6:30			SPIN -MELISSA			

B3 STUDIO

SPIN ROOM

JUNGLE ROOM

POOL

ALL CLASSES ARE 1 HOURS