



# Fitness August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>2</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>3</b> 
<b>4</b>	<b>5</b> Closed for maintenance	<b>6</b> Closed for maintenance <b>5:30pm Boot Camp (Rissa)</b>	<b>7</b> Closed for maintenance	<b>8</b> <b>Closed for maintenance</b>	<b>9</b> Closed for maintenance <b>5:30 Boot Camp (Rissa)</b>	<b>10</b> 8:15 Track & Trail (Shannon)
<b>11</b>	<b>12</b> 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>13</b> 9:00 Spin 10:30 Fit For Life (Emily) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>14</b> 9:30 Power Camp / Kettlebell (Shannon) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Emily) 5:15 Power Yoga (Amy)	<b>15</b> 9:00 Body Pump (Jessica) 10:30 Fit for Life (Emily) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>16</b> 9:00 Zone Tone (Danielle) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Danielle) 5:30 iSweat (Rissa)	<b>17</b>
<b>18</b> 	<b>19</b> 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>20</b> 9:00 Spin (Carol) 10:30 Fit For Life (Jessica) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>21</b> 9:30 Power Camp / Kettlebell (Shannon) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:15 Power Yoga (Amy) 7:30 <b>Preschool bedtime Yoga (Shannon)</b>	<b>22</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>23</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>24</b>
<b>25</b>	<b>26</b> 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>27</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>28</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>29</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>30</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>31</b> 8:15 Track & Trail (Shannon)