


August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 9:00 Power Pump (Jacob) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	3 9:00 Power Pump (Jacob) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	4 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	5 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	6 6:45am AM Yoga (Amy) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	7 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 4:00 iTone (Rissa) 6:30 Zumba (Brooke)	8
9  9:00 Power Pump (Jacob) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	10 9:00 Power Pump (Jacob) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	11 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	12 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	13 6:45am AM Yoga (Amy) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	14 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 4:00 iTone (Rissa) 6:30 Zumba (Brooke)	15
16 17 First Day  9:00 Power Pump (Jacob) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy)	18 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob)	19 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	20 6:45am AM Yoga (Amy) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob)	21 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 4:00 iTone (Rissa) 6:30 Zumba (Brooke)	22 	23
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CLOSED FOR CLEANING