



FREE | TAKE^{THE} CLASSES | CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am YOGA Kim Osborne	5:30am CARDIO SCULPT Ann			5:30am FIT 2 THE CORE Ann	9:00am BOOTCAMP Tamiko / Kim Manson
9:00am AQUA FIT Monika	9:00am AQUA INTERVALS Becky	9:00am AQUA FIT Monika	9:00am AQUA INTERVALS Becky	9:00am AQUA FIT Monika	10:00am ZUMBA Tamiko / Tracey
9:00am STRONG AFTER 60 Kim Osborne		10:00am ZUMBA Tracey		10:00am ZUMBA DANCE Madaline	11:00am VINYASA YOGA Olivia
10:00am ZUMBA Tracey					10:30am AQUA HIIT BOOT CAMP Sherry
5:30pm FIT 2 THE CORE Kim Manson	5:30pm Total Body Conditioning Kim Manson	5:30pm CORE & MORE Tamiko	5:30pm BOOT CAMP Tamiko		
6:30pm ZUMBA STRONG Schlaine	6:30pm ZUMBA DANCE Madaline	6:30pm ZUMBA Tamiko	6:30pm VINYASA YOGA Olivia		
6:30pm AQUA HIIT BOOT CAMP Sherry			6:30pm AQUA DANCE Jenni		
7:15pm AQUA VOLLEYBALL Sherry	6:30pm AQUA DANCE Jenni	6:30pm AQUA ZUMBA Tracey	7:15pm AQUA VOLLEYBALL Jim		

Suggestions for the schedule

- Moving Jovita's class to 6:30p and making it more energetic
- Calling the 5:30p classes BOOTCAMPS
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