

Class Schedule

August 2016

Classes in bold require advance registration and payment



| MONDAY | | | |
|------------------|---|-----------------|---------------|
| 11:30-12:15 | <i>Sculpt It</i> | Elizabeth | Gym |
| 12:15-1:00 | <i>Blast Step*</i> | Heather | Studio |
| 5:15-6:05 | <i>Power Sculpt</i> | Scott | Gym |
| 5:20-6:20 | <i>Yoga</i> M:14, NM:21 | Patricia | Studio |
| TUESDAY | | | |
| 11:30-12:20 | <i>Turbo Pump</i> | Rick | Gym |
| 12:15-1:00 | <i>Zumba*</i> | Betsy | Studio |
| 5:15-6:05 | <i>WERQ®</i> | Laura | Gym |
| WEDNESDAY | | | |
| 6:30-7:20 | <i>Sunrise Boot Camp</i> | Cindy | Studio |
| 11:30-12:10 | <i>Kickboxing Interval</i> | Heather | Gym |
| 12:15-1:00 | <i>Yogalates</i> | Marsha | Studio |
| 4:40-5:25 | <i>Ballet (8/10-8/24)</i> M:9, NM:12.75 | Margaret | Studio |
| THURSDAY | | | |
| 12:15-1:00 | <i>Interval</i> | Betsy | Gym |
| 5:15-6:15 | <i>Turbokick®</i> | Laura | Gym |
| 5:20-6:20 | <i>Zumba (8/11-8/25)</i> M:5.25, NM:10.50 | Margaret | Studio |
| FRIDAY | | | |
| 11:30-12:15 | <i>Boot Camp</i> | Elizabeth | Gym |

Specialty classes:

KARATE - Tuesday & Thursday, 6:30-8:30 PM
- Saturday, 10:00AM - 12:00P M

You must sign in to attend classes marked with an asterisk
*Registration is free & begins 15 minutes prior to start of class.
All classes require a minimum of 8 participants to continue.