

# 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
<b>5:20-6:20</b>	<b>Yoga</b> M:14, NM:21	<b>Patricia</b>	<b>Studio</b>
TUESDAY			
11:30-12:20	<i>Turbo Pump</i>	Rick	Gym
12:15-1:00	<i>Zumba*</i>	Betsy	Studio
5:15-6:05	WERQ®	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
<b>4:40-5:25</b>	<b>Ballet (8/10-8/24)</b> M:9, NM:12.75	<b>Margaret</b>	<b>Studio</b>
THURSDAY			
12:15-1:00	<i>Interval</i>	Betsy	Gym
5:15-6:15	<i>Turbokick®</i>	Laura	Gym
5:20-6:20	<b>Zumba (8/11-8/25)</b> M:5.25, NM:10.50	<b>Margaret</b>	<b>Studio</b>
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.**