

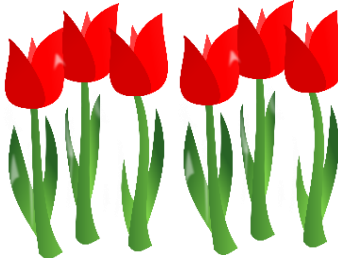


## August Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>New *Boot Camp*</b> (Rebekah) 7:00 - 7:50 am	<b>Splash &amp; Tone</b> (Lee) 8:15-9:00am	<b>New *Boot Camp*</b> (Rebekah) 7:00 - 7:50 am	<b>Splash &amp; Tone</b> (Lee) 8:15am-9:00am	<b>New *Boot Camp*</b> (Rebekah) 7:00 - 7:50 am
<p><i>Classes in Blue are in the water in the lap pool.</i></p> <p><i>Like us on Facebook to keep up to date with new classes being added!</i></p>	<b>Aqua Yoga</b> (Lee) 9:10-9:55am	<b>SilverSneakers Classic</b> (Lee) 11:15am-12:05pm	<b>Aqua Yoga</b> (Lee) 9:10-9:55am	<b>New Time *Power Yoga*</b> (Sammy) 9:00am-10:00am
	<b>Silver Sneakers Classic</b> (Lee) 10:00-10:50am			<b>*New Date/Time*</b> <b>Zumba Toning</b> (Brittini) 11:00- 11:50 am
	<b>Zumba</b> (Carrie) 5-5:50pm			<b>Silver Chair Yoga</b> (Bob) 2:30-3:30pm
	<b>SilverSneakers Yoga</b> (Lee) 1:00-2:00 pm	<b>Combo Water Workout</b> (Melissa) 6:00-6:45pm		<b>Zumba</b> (Carrie) 5-5:50pm
<b>Rock Bottom</b> (Ashley/Tracy ) 5-5:50pm	<b>Hardcore</b> (Ashley) 6:00-7:00pm	<b>Combo Water Workout</b> (Melissa) 6-6:45pm		
<b>Gentle Yoga</b> (Bob) 5:30-6:45pm Community - B	<b>Open Yoga</b> (Bob) 6-7:15pm Community - B	<b>Tabata and Tone*</b> (Tracy) 6-6:50pm	<b>Hardcore</b> (Ashley) 6-7:00pm	
<b>Tabata and Tone*</b> (Tracy) 6-6:50pm		<b>Power Yoga for Athletes</b> (Ashley) 6-7:00pm Multi-A		

*\*Classes are held in the Studio unless otherwise noted*

*\*Please bring a bottle of water to class*

*\*Classes subject to cancel due to low participation*

*\*Please scan or check at front desk for most current schedule*

*\*Classes subject to change monthly*

*\*Specialty class pricing listed in class listing, drop-in rates available*

