

AUGUST Group Exercise Schedule 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLASSES IN RED INDICATE THEY ARE A NEW OFFERING</p> <p>CLASSES IN BOLD TAKE PLACE IN STUDIO X /BACK GYM</p>		<p>1</p> <p>8a ASHTANGA (ST-X) KATHLEEN</p> <p>8:30 ZUMBA MARIUS</p> <p>9:30 CARDIO BARRE CIR. ANDY</p> <p>10:30a HATHA NANCY</p> <p>4:30p ZUMBA CHRISTINE</p> <p>4:30p YOGA-BARRE (ST-X) LISA H</p> <p>5:30p MUSCLE MAX MARGUERITE</p> <p>6:30p KICK-BOX (GYM) CHARLIE</p>	<p>2</p> <p>6a BOOTCAMP PATRICK</p> <p>7:15a HATHA/MED ANDY</p> <p>8:30a CORE & MORE TRACY</p> <p>9:30a CARDIO-B/CAMP PATTY</p> <p>9:30a VINYASA (ST- X) MOLLY</p> <p>10:30a MUSCLE & BARRE LISA H</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>5:30p MAT + PILATES LISA H</p> <p>6:30p ZUMBA MARIUS</p> <p>7:30p VINYASSA CARY</p>	<p>3</p> <p>5:45a AB CLASS LIZ</p> <p>6:00a BOOT CAMP LIZ</p> <p>8:30 PILATES LAURA</p> <p>9:30 CARDIO BARRE ANDY</p> <p>9:30 SS BUILD JODI</p> <p>10:30a HATHA CARY</p> <p>4:15P YIN YANG YOGA ELLE</p> <p>5:30p CARDIO MUSCLE LISA B</p> <p>6:30p KICK -BOX (GYM) CHARLIE</p>	<p>4</p> <p>6am ASH/VINYASA ANDY</p> <p>8:15a HATHA NANCY</p> <p>9:30a CIRCUIT STRENGTH ANDY</p> <p>10:05a B-BOP (ST-X) LISA F</p> <p>10:30a CARDIO BARRE JODY</p> <p>5:30p ZUMBA CHRISTINE</p> <p>6:30p YIN-YANG YOGA LINDA K</p>	<p>5</p> <p>8a HATHA KARINA</p> <p>9a STEP & WGHTS PATTY</p> <p>9a CARDIO LT (ST-X) RUSTY</p> <p>10a MAT PILATES LAURA</p> <p>10a YOGA MOMS (ST-X) DEBBIE</p> <p>11a KICK-BOX (GYM) CHARLIE</p> <p>11a ZUMBA CHRISTINE</p>
<p>6</p> <p>7:30a PILATES PATTIE</p> <p>8:30a CARDIO BARRE PATTY</p> <p>9:30a STEP PATTY</p> <p>10:30a VINYASA KATHLEEN</p> <p>4PM HATHA DEBBIE</p>	<p>7</p> <p>5:45 BOOTCAMP PATRICK</p> <p>6a PILATES (ST-X) PATTI</p> <p>8:30a CORE & MORE PATTY</p> <p>9:30a MIXED INTERVAL PATTY</p> <p>9:30a SLOW FLOW (ST-X) KARINA</p> <p>10:30a BARRE TRACY</p> <p>10:45 B-BOP (ST-X) MARGUERITE</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>4:30p HATHA DEBBIE</p> <p>6p CIRCUIT STRENGTH TRACY</p> <p>7:30p ASHTANGA CARY</p>	<p>8</p> <p>8a ASHTANGA (ST-X) MOLLY</p> <p>8:30 ZUMBA MARIUS</p> <p>9:30 CARDIO BARRE CIR. ANDY</p> <p>10:30a HATHA NANCY</p> <p>4:30p ZUMBA BONNIE</p> <p>4:30p YOGA-BARRE (ST-X) LISA H</p> <p>5:30p MUSCLE MAX MARGUERITE</p> <p>6:30p KICK-BOX (GYM) CHARLIE</p>	<p>9</p> <p>6a BOOTCAMP PATRICK</p> <p>7:15a HATHA/MED ANDY</p> <p>8:30a CORE & MORE TRACY</p> <p>9:30a CARDIO-B/CAMP PATTY</p> <p>9:30a VINYASA (ST- X) MOLLY</p> <p>10:30a MUSCLE & BARRE LISA H</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>5:30p MAT + PILATES LISA H</p> <p>6:30p ZUMBA MARIUS</p> <p>7:30p VINYASSA CARY</p>	<p>10</p> <p>5:45a AB CLASS LIZ</p> <p>6:00a BOOT CAMP LIZ</p> <p>8:30 PILATES LAURA</p> <p>9:30 CARDIO BARRE ANDY</p> <p>9:30 SS BUILD SHIRIN</p> <p>10:30a HATHA CARY</p> <p>4:15P YIN YANG YOGA ELLE</p> <p>5:30p CARDIO MUSCLE LISA B</p> <p>6:30p KICK -BOX (GYM) CHARLIE</p>	<p>11</p> <p>6am ASH/VINYASA ANDY</p> <p>8:15a HATHA LISA F</p> <p>9:30a CIRCUIT STRENGTH ANDY</p> <p>10:05a B-BOP (ST-X) LISA F</p> <p>10:30a CARDIO BARRE JODY</p> <p>5:30p ZUMBA CHRISTINE</p> <p>6:30p YIN-YANG YOGA LAUREN</p>	<p>12</p> <p>8a HATHA KARINA</p> <p>9a STEP & WGHTS PATTY</p> <p>9a CARDIO LT (ST-X) RUSTY</p> <p>10a MAT PILATES LAURA</p> <p>10a YOGA MOMS (ST-X) LAUREN</p> <p>11a KICK-BOX (GYM) CHARLIE</p> <p>11a ZUMBA BONNIE</p>
<p>13</p> <p>7:30a PILATES PATTIE</p> <p>8:30a CARDIO BARRE PATTY</p> <p>9:30a STEP PATTY</p> <p>10:30a VINYASA MOLLY</p> <p>4PM HATHA DEBBIE</p>	<p>14</p> <p>5:45 BOOTCAMP PATRICK</p> <p>6a PILATES (ST-X) PATTI</p> <p>8:30a CORE & MORE JEN</p> <p>9:30a MIXED INTERVAL JEN</p> <p>9:30a SLOW FLOW (ST-X) KARINA</p> <p>10:30a BARRE LAURA</p> <p>10:45 B-BOP (ST-X) LAUREN</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>4:30p HATHA DEBBIE</p> <p>6p CIRCUIT STRENGTH JERILYNE</p> <p>7:30p ASHTANGA LAUREN</p>	<p>15</p> <p>8a ASHTANGA (ST-X) KATHLEEN</p> <p>8:30 ZUMBA MARIUS</p> <p>9:30 CARDIO BARRE CIR. ANDY</p> <p>10:30a HATHA KARINA</p> <p>4:30p ZUMBA BONNIE</p> <p>4:30p YOGA-BARRE (ST-X) LISA H</p> <p>5:30p MUSCLE MAX MARGUERITE</p> <p>6:30p KICK-BOX (GYM) CHARLIE</p>	<p>16</p> <p>6a BOOTCAMP PATRICK</p> <p>7:15a HATHA/MED ANDY</p> <p>8:30a CORE & MORE TRACY</p> <p>9:30a CARDIO-B/CAMP PATTY</p> <p>9:30a VINYASA (ST- X) MOLLY</p> <p>10:30a MUSCLE & BARRE LISA H</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>5:30p MAT + PILATES LISA H</p> <p>6:30p ZUMBA MARIUS</p> <p>7:30p VINYASSA CARY</p>	<p>17</p> <p>5:45a AB CLASS LAUREN</p> <p>6:00a BOOT CAMP LAUREN</p> <p>8:30 PILATES LAURA</p> <p>9:30 CARDIO BARRE ANDY</p> <p>9:30 SS BUILD JODY</p> <p>10:30a HATHA CARY</p> <p>4:15p YIN YANG YOGA ELLE</p> <p>5:30p CARDIO MUSCLE LISA B</p> <p>6:30p KICK -BOX (GYM) CHARLIE</p>	<p>18</p> <p>6am ASH/VINYASA ANDY</p> <p>8:15a HATHA LISA F</p> <p>9:30a CIRCUIT STRENGTH ANDY</p> <p>10:05a B-BOP (ST-X) LISA F</p> <p>10:30a CARDIO BARRE JODY</p> <p>5:30p ZUMBA CHRISTINE</p> <p>6:30p YIN-YANG YOGA LINDA K</p>	<p>19</p> <p>8a HATHA KARINA</p> <p>9a STEP & WGHTS PATTY</p> <p>9a CARDIO LT (ST-X) RUSTY</p> <p>10a MAT PILATES LAURA</p> <p>10a YOGA MOMS (ST-X) LAUREN</p> <p>11a KICK-BOX (GYM) CHARLIE</p> <p>11a ZUMBA BONNIE</p>
<p>20</p> <p>7:30a PILATES PATTIE</p> <p>8:30a CARDIO BARRE PATTY</p> <p>9:30a STEP PATTY</p> <p>10:30a VINYASA MOLLY</p> <p>4PM HATHA DEBBIE</p>	<p>21</p> <p>5:45 BOOTCAMP PATRICK</p> <p>6a PILATES (ST-X) PATTI</p> <p>8:30a CORE & MORE PATTY</p> <p>9:30a MIXED INTERVAL PATTY</p> <p>9:30a SLOW FLOW (ST-X) KARINA</p> <p>10:30a BARRE TRACY</p> <p>10:45 B-BOP (ST-X) LAUREN</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>4:30p HATHA DEBBIE</p> <p>6p CIRCUIT STRENGTH TRACY</p> <p>7:30p ASHTANGA STACY</p>	<p>22</p> <p>8a ASHTANGA (ST-X) MOLLY</p> <p>8:30 ZUMBA MARIUS</p> <p>9:30 CARDIO BARRE CIR. ANDY</p> <p>10:30a HATHA NANCY</p> <p>4:30p ZUMBA BONNIE</p> <p>4:30p YOGA-BARRE (ST-X) LISA H</p> <p>5:30p MUSCLE MAX MARGUERITE</p> <p>6:30p KICK-BOX (GYM) CHARLIE</p>	<p>23</p> <p>6a BOOTCAMP PATRICK</p> <p>7:15 HATHA/MED ANDY</p> <p>8:30a CORE & MORE TRACY</p> <p>9:30a CARDIO-B/CAMP PATTY</p> <p>9:30a VINYASA (ST- X) MOLLY</p> <p>10:30a MUSCLE & BARRE LISA H</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>5:30p MAT + PILATES LISA H</p> <p>6:30p ZUMBA MARIUS</p> <p>7:30p VINYASSA CARY</p>	<p>24</p> <p>5:45a AB CLASS LIZ</p> <p>6:00a BOOT CAMP LIZ</p> <p>8:30 PILATES LAURA</p> <p>9:30 CARDIO BARRE ANDY</p> <p>9:30 SS BUILD SHIRIN</p> <p>10:30a HATHA CARY</p> <p>4:15p YIN YANG YOGA ELLE</p> <p>5:30p CARDIO MUSCLE LISA B</p> <p>6:30p KICK -BOX (GYM) CHARLIE</p>	<p>25</p> <p>6am ASH/VINYASA ANDY</p> <p>8:15a HATHA NANCY</p> <p>9:30a CIRCUIT STRENGTH ANDY</p> <p>10:05a B-BOP (ST-X) MARGUERITE</p> <p>10:30a CARDIO BARRE ANDY</p> <p>5:30p ZUMBA CHANDRA</p> <p>6:30p YIN-YANG YOGA LAUREN</p>	<p>26</p> <p>8a HATHA KARINA</p> <p>9a STEP & WGHTS PATTY</p> <p>9a CARDIO LT (ST-X) RUSTY</p> <p>10a MAT PILATES LAURA</p> <p>10a YOGA MOMS (ST-X) LAUREN</p> <p>11a KICK-BOX (GYM) CHARLIE</p> <p>11a ZUMBA CHANDRA</p>
<p>27</p> <p>7:30a PILATES PATTIE</p> <p>8:30a CARDIO BARRE PATTY</p> <p>9:30a STEP PATTY</p> <p>10:30a VINYASA MOLLY</p> <p>4PM HATHA DEBBIE</p>	<p>28</p> <p>5:45 BOOTCAMP PATRICK</p> <p>6a PILATES (ST-X) PATTI</p> <p>8:30a CORE & MORE JEN</p> <p>9:30a MIXED INTERVAL JEN</p> <p>9:30a SLOW FLOW (ST-X) KARINA</p> <p>10:30a BARRE TRACY</p> <p>10:45 B-BOP (ST-X) JEN</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>4:30p HATHA DEBBIE</p> <p>6p CIRCUIT STRENGTH MAUREEN</p> <p>7:30p ASHTANGA LAUREN</p>	<p>28</p> <p>8a ASHTANGA (ST-X) KATHLEEN</p> <p>8:30 ZUMBA MARIUS</p> <p>9:30 CARDIO BARRE CIR. ANDY</p> <p>10:30a HATHA NANCY</p> <p>4:30p ZUMBA BONNIE</p> <p>4:30p YOGA-BARRE (ST-X) LISA H</p> <p>5:30p MUSCLE MAX MARGUERITE</p> <p>6:30p KICK-BOX (GYM) CHARLIE</p>	<p>30</p> <p>6a BOOTCAMP PATRICK</p> <p>7:15 HATHA/MED ANDY</p> <p>8:30a CORE & MORE TRACY</p> <p>9:30a CARDIO-B/CAMP PATTY</p> <p>9:30a VINYASA (ST- X) MOLLY</p> <p>10:30a MUSCLE & BARRE LISA H</p> <p>12p MUSCLE MAX LT VICTORIA</p> <p>5:30p MAT + PILATES LISA H</p> <p>6:30p ZUMBA MARIUS</p> <p>7:30p VINYASSA CARY</p>	<p>31</p> <p>5:45a AB CLASS LIZ</p> <p>6:00a BOOT CAMP LIZ</p> <p>8:30 PILATES LAURA</p> <p>9:30 CARDIO BARRE ANDY</p> <p>9:30 SS BUILD SHIRIN</p> <p>10:30a HATHA CARY</p> <p>4:15p YIN YANG YOGA ELLE</p> <p>5:30p CARDIO MUSCLE LISA B</p> <p>6:30p KICK -BOX (GYM) JERILYNE</p>	<p>AUGUST NEWS/CHANGES</p> <p>SUNDAY: CARDIO BARRE & STEP ARE BACK—</p> <p>THURSDAY MORNING: PILATES W/LAURA 8:30!</p>	