

August
Fitness Group Exercise
Class Schedule

				1 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m.	2 Super Sweat 10 a.m.- 11 a.m.	3 Zumba 9 a.m.- 10- a.m.
4	5 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m.	6 Fit For Life 9-10 a.m. (R) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Boxing & Strength 5:15 p.m.- 6:15 p.m.	7 Fit For Life 9-10 a.m. (R) Super Sweat 10 a.m.- 11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	8 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15-4 p.m.3:15p.m.- 4 p.m. War 5:15 p.m.- 6:15 p.m.	9 Super Sweat 10 a.m.- 11 a.m.	10 Total Body Conditioning 9 a.m.- 10- a.m.
11	12 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	13 Fit For Life 9-10 a.m. (R) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.	14 Fit For Life 9-10 a.m. (A) Total Body Conditioning 10 a.m.-11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	15 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	16 Total Body Conditioning 10 a.m.- 11 a.m.	17 Zumba 9 a.m.- 10- a.m.
18	19 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	20 Fit For Life 9-10 a.m. (R) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	21 Fit For Life 9-10 a.m. (A) Super Sweat 10 a.m.- 11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	22 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	23 Super Sweat 10 a.m.- 11 a.m.	24 Zumba 9 a.m.- 10- a.m.
25	26 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	27 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.	28 Fit For Life 9-10 a.m. (R) Super Sweat 10 a.m.- 11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	29 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. War 5:15 p.m.- 6:15 p.m.	30 Super Sweat 10 a.m.- 11 a.m.	31 Total Body Conditioning 9 a.m.- 10- a.m.