

GROUP FITNESS SCHEDULE

AUGUST ~ 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00am SS Yoga (Toni) 10:00am Barre (Amy) 11:00am Dance-Fit (Lisa)	2 8:30am SR Strength Plus (Amy) 9:30am Senior-Fit (Amy) 10:30am SS Classic (Toni)	3
4	5 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Lisa) 10:30am SS Classic (Lisa) 12:15pm Boot Camp Express (Lisa)	6 8:00am Strength & Stretch (Lisa) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)	7 8:30am Senior Circuit (Stacey) 9:30am Senior-Fit (Amy) 10:30am SS Classic (Toni) 12:15pm Boot Camp Express (Angi)	8 8:00am Strength & Stretch (Angi) 9:00am SS Yoga (Toni) 10:00am Dance-Fit (Lisa)	9 8:30am SR Strength Plus (Amy) 9:30am Senior-Fit (Amy) 10:30am SS Classic (Toni)	10
11	12 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Angi) 12:15pm Boot Camp Express (Lisa) 1:00pm SS Classic (Lisa)	13 8:00am Strength & Stretch (Angi) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)	14 8:30am Senior Circuit (Stacey) 9:30am SS Yoga (Angi) 10:30am SS Classic (Lisa) 12:15pm Boot Camp Express (Lisa) 1:00pm SS Classic (Angi)	15 9:00am SS Yoga (Angi) 10:00am Barre (Amy) 11:00am Dance-Fit (Lisa)	16 8:30am SR Strength Plus (Amy) 9:30am Senior-Fit (Amy) 10:30am SS Classic (Toni)	17
18	19 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Angi) 12:15pm Boot Camp Express (Lisa) 1:00pm SS Classic (Lisa)	20 8:00am Strength & Stretch (Angi) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)	21 8:30am Senior Circuit (Stacey) 9:30am SS Muscle/ Mind (Lisa) 10:30am SS Classic (Lisa) 12:15pm Boot Camp Express (Angi) 1:00pm SS Classic (Angi)	22 9:00am SS Yoga (Toni) 10:00am Barre (Amy) 11:00am Dance-Fit (Lisa)	23 8:30am SR Strength Plus (Amy) 9:30am Senior-Fit (Amy) 10:30am SS Classic (Toni)	24
25	26 8:30am SR Strength Plus (Stacey) 9:30am Senior-Fit (Angi) 10:30am SS Classic (Angi) 12:15pm Boot Camp Express (Lisa) 1:00pm SS Classic (Angi)	27 8:00am Strength & Stretch (Angi) 9:00am SS Yoga (Toni) 10:00am Dance Fit (Lisa)	28 8:30am Senior Circuit (Stacey) 9:30am SS Yoga (Angi) 10:30am SS Classic (Lisa) 12:15pm Boot Camp Express (Lisa) 1:00pm SS Classic (Lisa)	29 9:00am SS Yoga (Toni) 10:00am Barre (Amy) 11:00am Dance-Fit (Lisa)	30 8:30am SR Strength Plus (Amy) 9:30am Senior-Fit (Amy) 10:30am SS Classic (Toni)	31