

**GYM HOURS: Mon - Fri 5am - 11pm
Sat / Sun 7am - 8pm**

**CHILD CARE: Mon - Fri 8:45am - 12:30pm / 4pm - 8pm
Saturday 8:45am - 12:00pm**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cardio Muscle Betsy	RPM 5:30 Derick	Power Fitness Johanna	Cycle Johanna			
9:00am	Body Defined Marie	BODY PUMP Zona		Boot Camp Alice	Yoga Boot Camp Lisa	Boot Camp Johanna	
	Cycle Johanna		Cycle Camp Marie				
10:00am						10am-11:30am Vinayasa Yoga Dr. Helaine	9am-10:30am Vinayasa Yoga Dr. Helaine
12:15pm	Get On The Ball Shellie	Zumba Alice	Get On The Ball Shellie	Circuit Johanna	Pilates Alice		
3:30pm							
4:30pm		Power Yoga Doug		Boot Camp Kelsey	Get On The Ball Shellie	NEW EXERCISE CLASS: KICK BOXING Starting August 25, 2010 Wednesday @ 5:00 pm Friday @ 5:35 pm Come in and give Mike's amazing workout a try!	
5:00pm	Cardio Kick Boxing Scott B. 45min		Kick Boxing Mike 45min				
5:35pm	RPM Zona	Boot Camp Kelsey	RPM Derick	Power Yoga Lisa	Kick Boxing Mike		
5:50pm	Zumba Megan		BODY PUMP Mary				
6:40pm 6:50pm	BODY PUMP 6:50 Mary	Zumba Fit 6:40 Mary	Vinayasa Yoga 6:50 Kara	BODY PUMP 6:40 Kendra			
JAS Dance	8:05pm	7:45pm	8:05 PM	7:45pm	Jas Dance = Private Paid Class By Jose Santamaria		