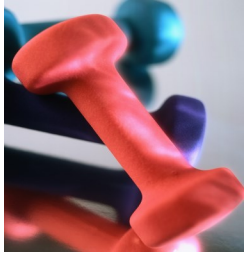


AUGUST FITNESS 2017 VER 1



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
		8:30—9:30 Yoga Elizabeth 9:00 -10:00 H2O Fit Steven 12:10—1:00 Aqua Zumba Amy 4:15 - 5:15 Yoga Chrissy 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym)	7:00-8:00 am Boot Camp Sam 7:00 -8:00 am Yoga Maryt 8:00—9:00 H2O Fit Susan 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Susan 12:10-1:00 Total Fit Molly 5:45 —6:45 Yoga Maryt 7:00—8:00 pm Zumba Diego	9:00—10:00 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:10—1:00 Aqua Zumba Amy 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00—8:00 Zumba Diego (Gym)	8:00-9:00 H2O Fit Susan 9:00 - 10:00 H2O Fit Susan 9:00- 10:00 Yoga Chrissy 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan		
	6	7	8	9	10	11	12
	7:00—8:00 Yoga no class 8:00— 9:00 H2O Fit Sue B 9:00-10:00 H2O Fit Susan 12:10-1:00 Total Fit Jill R 5:00—5:45 Jazzercise Pat 6:00—7:00 Yoga Lisa 7:00 —8:00 Zumba Diego	8:30—9:30 Yoga Elizabeth 9:00 -10:00 H2O Fit Steven 12:10—1:00 Aqua Zumba Amy 4:15 - 5:15 Yoga Chrissy 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00—8:00 Zumba Diego (gym)	7:00-8:00 am Boot Camp Sam 7:00 -8:00 am Yoga Maryt 8:00—9:00 H2O Fit Susan 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Pia 12:10-1:00 Total Fit Molly 5:45 —6:45 Yoga Maryt 7:00—8:00 Zumba Diego	9:00—10:00 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:10—1:00 Aqua Zumba Amy 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00—8:00 Zumba Diego (Gym)	8:00-9:00 H2O Fit Sue B 9:00 - 10:00 H2O Fit Sue B 9:00- 10:00 Yoga Chrissy 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan		
	13	14	15	16	17	18	19
	7:00—8:00 Yoga no class 8:00— 9:00 H2O Fit Sue B 9:00-10:00 H2O Fit Sue B 12:10-1:00 Total Fit Ali 5:00—5:45 Jazzercise Pat 6:00—7:00 Yoga Lisa 7:00 —8:00 Zumba Diego	8:30—9:30 Yoga Elizabeth 9:00 -10:00 H2O Fit Steven 12:10—1:00 Aqua Zumba Amy 4:15 - 5:15 Yoga Chrissy 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00—8:00 Zumba Diego (gym)	7:00-8:00am Bootcamp Sam 7:00 -8:00 am Yoga Maryt 8:00—9:00 H2O Fit Susan 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Susan 12:10 -1:00 Total Fit Molly 5:45 —6:45 Yoga Maryt 7:00—8:00 Zumba Diego	9:00—10:00 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:10—1:00 no Aqua Zumba 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00-8:00 Zumba Diego (gym)	7:00—7:50 Boot Camp Molly 8:00— 9:00 H2O Fit Sue B 9:00—10:00 H2O Fit Sue B 9:00-10:00 Yoga Chrissy 12:00-1:00 Aqua Zumba Amy 12:10 -1:00 Zumba Yan		
	20	21	22	23	24	25	26
	7:00—8:00 Yoga no class 8:00— 9:00 H2O Fit no class 9:00-10:00 H2O Fit no class 12:10-1:00 Total Fit Jill R 5:00—5:45 no Jazzercise 6:00—7:00 Yoga no class 7:00 —8:00 Zumba Diego	8:30—9:30 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:10—1:00 no Aqua Zumba 4:15—5:15 Yoga Chrissy 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00- 8:00 Zumba Diego (gym)	7:00 -8:00am Bootcamp Sam 7:00 -8:00 am Yoga Maryt 8:00—9:00 H2O fit Susan D 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Susan 12:10 -1:00 Total Fit 5:45 —6:45 Yoga Maryt 7:00—8:00 Zumba Diego	9:00—10:00 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:10-1:00 no Aqua Zumba 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00—8:00 Zumba Diego (Gym)	8:00— 9:00 H2O Fit Sue 9:00 - 10:00 H2O Fit Sue 9:00- 10:00 Yoga Chrissy 12:00-1:00 Water Fit Jill 12:10-1:00 Zumba Yan		
	27	28	29	30	31		
	7:00—8:00 Yoga no class 8:00— 9:00 H2O Fit Sue B 9:00-10:00 H2O Fit Sue B 12:10-1:00 Total Fit Ali 12:10—1:00 Total Fit Molly 5:00—5:45 Jazzercise Pat 6:00—7:00 Yoga Lisa 7:00 —8:00 Zumba Diego	8:30—9:30 Yoga Elizabeth 9:00-10:00 H2O Fit Steven 12:10—1:00 no Aqua Zumba 4:15—5:15 Yoga Chrissy 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00—8:00 Zumba Diego (gym)	7:00—8:00 am Bootcamp Sam 7:00 -8:00 am Yoga Maryt 8:00—9:00 H2O fit Susan D 9:00-10:00 Yoga Chrissy 9:00-10:00 H2O Fit Susan 12:10 -1:00 Total Fit Molly 5:45 —6:45 Yoga Maryt 7:00—8:00 Zumba Diego	9:00—10:00 Yoga Elizabeth 9:00—10:00 H2O Fit Steven 12:10-1:00 no Aqua Zumba 5:30—6:30 Jazzercise Pat 5:30—6:30 Zumba Mich (Gym) 7:00—8:00 Zumba Diego (Gym)			

Aqua Zumba
Tuesday 12:10—1:00pm
Thursday 12:10—1:00pm

Yoga
for early morning risers
Wednesday 7:00 - 8:00am

Boot Camp this month.....
Friday 18th 7:00 am—7:50 am
Wednesday 7:00 am—8:00 am

Classes designated in black you can use your recreation center punch card or drop-in.

Classes designated in green are contract. Class fees are paid directly to instructor.

8 /drop-in
\$60 /10 punch card
\$82.50 /15 punch card
\$351 /12 month pass
unlimited land classes
all year