

2020 FITNESS CLASSES & PROGRAMS

C Y C L I N G	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:00 AM CYCLONE W/MONICA			8:00 AM CYCLONE W/MONICA
M I N D & B O D Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 AM CORE W/TERRY	8:00 AM *BIC W/MONICA		5:30 PM YOGA W/CARIN	8:00 AM *BIC W/MONICA		
C A R D I O	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30 AM AQUAFIT W/TERRI		9:30 AM AQUAFIT W/TERRI				

- BIC – Balance, Isometric & Core