

# 2020 FITNESS CLASSES & PROGRAMS

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

- BIC – Balance, Isometric & Core