

2021 FITNESS CLASSES

C Y C L I N G	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:00 AM SPIN W/MONICA			8:00 AM SPIN W/MONICA
M I N D & B O D Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 AM PUMP & SCULPT W/CAROLYN	8:00 AM COREFIT W/MONICA		8:00AM MAT PILATES W/CAROLYN 5:30 PM YOGA W/CARIN	8:00 AM COREFIT W/MONICA		
C A R D I O	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30 AM AQUAFIT W/Jenny 5:30 PM ZUMBA W/RICK	6:30 PM Dance Core Fitness W/Jenny	9:30 AM AQUAFIT W/Jenny			9:30AM AQUAFIT W/Jenny	