



LADIES CHOICE

FITNESS CENTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am	Water Aerobics Tina	8:00 & 9:15 Water Aerobics Brenda	Water Dance Tina	Water Aerobics Brenda	Water Aerobics Brenda	Water Aerobics Tina
9:30am	Zumba® Melanie	Pump Donna	Pilates Kelli	Interval Step Donna	Zumba® Ryoko	Yoga Bri
10:30am	Water Tone & Strengthening Brenda	Aqua Zumba Melanie	Water Tone & Strengthening Brenda	Water Aerobics Frankie	Water Tone & Strengthening Brenda	9am <i>Virtual Only Build & Burn</i>
11am	Virtual/In Club Chair Pilates Kelli	Chair Yoga Kelli	Zumba® Josie	Virtual/In Club Yoga Korin	11:30 Barre Laura	Zumba® Josie
11:00 Virtual			<i>Virtual Only Barre Misty</i>			
5:30pm	Water Aerobics Tina	Water Aerobics Tina	Water Dance Tina	Water Aerobics Tina		
6pm	Zumba® Josie	5:45 H.E.A.T Step Glynnis	Barre Laura	Aug 20th & 27th HIIT Shellby		
7pm		Virtual/In Club Yoga Bri				

Must sign up at front desk for classes shaded in blue