

	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday & Notes
Group Fitness Room	5:15 AM	BODYPUMP BRANDI 10: Amanda		BODYPUMP AMANDA		BODYPUMP BRANDI	Saturday
	8:10 AM	ZUMBA KIM	BODYPUMP ABBIE 11: Amanda	ZUMBA SEAN	BODYPUMP STACEY 6: Abbie & 13: Jennifer	STRONG ZUMBA KIM & AMY	8:10 AM 1: BodyAttack-Abbie 8: BootCamp-Laura 15: StrongRobin & Sean 22: Zumba-Jamila 29: Strong-Kim & Amy
	9:15 AM	*PILATES* BECKY	STRONG ZUMBA ABI	*PILATES* BECKY	STRONG ZUMBA ABI & Circuits on Track JAMIE	LES MILLS BODYATTACK ABBIE 14: Brandi	9:15 AM BODYPUMP 1: Abbie 8: Jennifer 15: Robin K. 22: Stacey 29: Amanda
	10:30 AM	*Low Impact* LAURA 10: Cathy-Stability Ball	*Yoga Basics* ROBIN K	*Low Impact* LIZ D 26: Cathy-Stability Ball	*Yoga Basics* BRENDA	ZUMBA gold KIM	10:30 AM YOGA BASICS 1: Brenda 8: Robin K. 15: Robin K. 22: Brenda 29: Brenda
	1:00 PM		oh baby! Fitness Stroller Babies LIZ Z.		oh baby! Fitness Stroller Babies LIZ Z.		Sunday
	3:30 PM	oh baby! Fitness Prenatal Fitness LIZ Z.		oh baby! Fitness Prenatal Fitness LIZ Z.			2PM 2: Zumba-Lyn 9: Strong-Kim and Amy 16: No Class 23: Zumba-Jamila 30: Zumba-Robin M.
	4:30 PM	LES MILLS BODYATTACK ABBIE 10: Brandi	BODYPUMP LIZ H. 4: Amanda & 11: Jennifer	Tabata Timing SARA 5 & 12: Jamie	BODYPUMP ABBIE 13: Brandi		3:15 PM Class Cancelled for June-will pick back up in Fall
	5:35 PM	BODYPUMP ABBIE 10: Brandi	Tabata Timing JAMIE	STRONG ZUMBA SEAN & ROBIN M	ZUMBA ROBIN M		Announcements: No classes on 6/16 (Father's Day) *Summer Zumba Party- 6/21 6-7:30 pm in Group Room* ****NEW CLASS**** YOGA DOWNSTAIRS Mondays 5:35 pm
	5:35 PM	Vinyasa Yoga LIZ Z. (Downstairs in Exceptional Foundation Room)					
	6:45 PM	ZUMBA SEAN	ZUMBA JAMILA				
Cycle Studio	5:15 AM		RPM DANIEL		Class canceled for June		RPM
	9:00 AM	RPM AMANDA		RPM ANN 26: Brandi		RPM ANN 28: Brandi	SATURDAYS @ 8:10 AM 1: Daniel 8: Ann 15: Amanda 22: Ann 29: Liz H.
	9:15 AM		RPM AMANDA				
	4:30 PM			RPM BRANDI			Nursery Hours Mon-Thurs: 8-12:30 & 3:30-6:30 Fri:8-12:30 Sat:8-11 Sun:Closed
	5:35 PM				RPM ROBIN K.		
	9:15 AM	aqua ZUMBA LYN	water motion ROBIN K.	Tabata Timing ROBIN K.	aqua ZUMBA LYN 20: Robin K.	water motion ROBIN K. 28: Lyn	Instructor's Choice 1: Stacey 8: Laura 15: Sandy 22: Lyn 29: Sara
	11:00 AM	Stretch Your Body SANDY		Stretch Your Body SARA 5 & 12: Brenda		Stretch Your Body BRENDA	
POOL	1:00 PM	SENIOR WATER BRENDA		SENIOR WATER BRENDA		SENIOR WATER BRENDA	Water Classes are all Low Impact
	5:30 PM	Instructor's Choice 3: Stacey 10: Lyn 17: Sandy 24: Sara					