



MONDAY

9:00am Cycling – David
9:30-10:45am Yoga – Jeanne
12:30pm Chair Yoga - Debbie
5:30pm Cycling – Diana
6:15pm Kettlebell AMPD – Carrie
7:00pm Cross Training – Randy @the Rig in gym
7:15-7:30pm ABS & Glutes – Carrie (NEW!)

TUESDAY

5:45-6:30am Boot Camp – David
2:00pm Classic Class – Debbie
4:00pm Gentle Vinyasa Yoga – Debbie
5:30pm Cycling – David
5:30pm Body Pump – Dave H – Every Tuesday!
7:00pm Cross Training – Randy @the Rig in gym

WEDNESDAY

9:00am Cycling – David
5:30pm Body Pump – Trisha
5:30pm Cycling – David
6:00pm Yoga – Debbie (45 minutes) (NEW!)
6:30pm Kettlebells & Weights – Carrie @boxing bags in gym
7:00pm Cross Training – Randy @the Rig in gym

THURSDAY

5:45-6:30am Boot Camp – David
5:00-5:45pm Cycling – Diana
6:15pm Power Yoga – Debbie
6:00 Fit Camp – Joni
7:00pm Zumba – Jordan
7:00pm Cross Training – Randy @the Rig in gym

FRIDAY

9:00am Cycling – David
9:30-10:45 Yoga – Jeanne
11:00am Silver Sneakers Cardio Fit - Debbie
6:30pm Hip Hop Fitness – Alisha

SATURDAY

8:00am Boot Camp – David
9:00am Cycling – Diana
9:00am Beginner Yoga 101 – Debbie (17th and 24th only)
10:30am Body Pump – Trisha

SUNDAY

10:00am Zumba – Jordan
11:00am Cycling – Lisa
2:45pm Hip Hop Fitness - Alisha

Thank you for your Class Feedback! We've added additional classes this month for YOU!

** Yoga with Debbie – Wednesday nights and Saturday mornings!*

** Body Pump every Tuesday night!*

No Classes held on Saturday, June 10th due to a Fitness Certification we are hosting!

Get ready for our July 4th Fitness Fest – can't wait! #FUN

