

2021 FITNESS CLASSES

C Y C L I N G	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:30 PM SPIN CIRCUIT W/ CAROLYN and CHANTEL		8:00 AM CYCLONE W/MONICA		6:00 AM SPIN W/CHANTEL	8:00 AM CYCLONE 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	9:00 AM VINYASA FLOW W JULIA	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	6:30 PM DANCE CORE W/JENNY	8:00 AM STEP INTERVAL W/CAROLYN 9:30 AM AQUAFIT W/JENNY 5:30PM ZUMBA W/LAURA	9:00 AM ZUMBA GOLD W/LAURA	9:30 AM AQUAFIT W/JENNY	8:00 AM BEACH BOOT CAMP W/CAROLYN Please bring beach towel 9:00 AM ZUMBA W/LAURA	

BOOT CAMP is held outside on our volleyball court and inside on the turf field if it rains.