

Mon	Tue	Wed	Thu	Fri	Sat
<p>2 5:40am Zumba (SC) 6:45am Forever Fit (BG) 8:30am Hi/Low/ (A) 10:00am SS CardioCircuit (T) 12:10pm Cycling (T)* 4:15pm Beg Pilates (BG) 5:30pm Boot Camp (JK) 8:30pm Cycling (MG)*</p>	<p>3 5:40am Cycling (A)* 6:30am Inm/Adv Pilate (SH)* 8:30am Fit Pump (BG) 10:00am SS MSROM (T)* 12:10pm Zumba (SC) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (BG) 7:00pm Cycling (K)*</p>	<p>4 5:40am Step/Weight (B) 6:45am Forever Fit (A) 9:15am NO KIDS FIT ()** 12:10pm Cycling (T) * 5:30pm Cardio Pump (BG)* 7:00pm Cycling (JK)*</p>	<p>5 5:40am Cardio P (K) 6:30am Inter Pilates (SH)* 8:30 Cardio Sculpt (BG) 10:00am SS Yoga (KP) 12:10pm Inter Pilates (B) * 12:10pm Yoga (P) 5:30pm Zumba (SC) 5:30pm Beg Pilates (C)* 7:00pm Cycling (K)*</p>	<p>6 5:40am Cycling (B)* 6:45am FF Cycle Combo (BG)* 9:00am SSMSROM (JK) 10:00am SS MSROM (J)* 12:10pm Cycling (T)*</p>	<p>7 8:30am Zumba (SC) 9:30am Beg Pilates (C)</p>
<p>9 5:40am Combo (B) 6:45am For Fit (K) 8:30am Hi/Low/ (S) 10:00am SS CardioCircuit (S) 12:10pm Cycling (T)* 4:15pm Beg Pilates (BG) 5:30pm Boot Camp (JK) 8:30pm Cycling (BG)*</p>	<p>10 5:40am Cycling (BG)* 6:30am Inm/Adv Pilate (SH)* 8:30am Fit Pump (S) 10:00am SS MSROM (J)* 12:10pm Zumba (SC) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (B) 7:00pm Cycling (MG)*</p>	<p>11 5:40am Zumba (SC) 6:45am Forever Fit (A) 9:15am Kids Fit (S)** 12:10pm Cycling (T) * 5:30pm Cardio Pump (BG)* 7:00pm Cycling (MG)*</p>	<p>12 5:40am Cardio P (K) 6:30am Inter Pilates (SH)* 8:30am Cardio Sculpt (S) 10:00am SS Yoga (KP) 12:10pm Inter Pilates (B) * 12:10pm Yoga (P) 5:30pm Zumba (SC) 5:30pm Beg Pilates (C)* 7:00pm Cycling (MG)*</p>	<p>13 5:40am Cycling (B)* 6:45am FF Cycle Combo (A)* 9:00am SSMSROM (KP) 10:00am SS MSROM (J)* 12:10pm Cycling (T)*</p>	<p>14 8:30am FitBall/Cardio Pump (BG) 9:30am Beg Pilates (BG)</p>
 <p>August 16-22, 2010 Closed for annual maintenance week</p>					
<p>23 5:40am Combo (B) 6:45am Forever Fit (BG) 8:30am Hi/Low (S) 10:00am SS Cardio Circ (S) 12:10pm Cycling (T)* 4:15pm Beg Pilates (KA) 5:30pm Boot Camp (JK) 8:30pm Cycling (MG)*</p>	<p>24 5:40am Cycling (K)* 6:30am Interm/AdvPilate (CA) 8:30am Fit Pump (S) 10:00am SS MSROM (J)* 12:10pm Zumba (SC) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (BG) 7:00pm Cycling (MG)*</p>	<p>25 5:40am Zumba (SC) 6:45am Forever Fit (A) 9:15am Kids Fit (S)** 12:10pm Cycling (T) * 5:30pm Cardio Pump (KA)* 7:00pm Cycling (MG)*</p>	<p>26 5:40am Cardio P (K) 6:30am Inter Pilates (CA) 8:30am Cardio Sculpt (S) 10:00am SS Yoga (KP) 12:10pm Yoga (P) 12:10pm Inter Pilates (B) * 5:30pm Zumba (SC) 5:30pm Beg Pilate (C)* 7:00pm Cycling (BG)*</p>	<p>27 5:40am Cycling (B)* 6:45am FF Cycle (BG)* 9:00am SSMSROM (JK) 10:00am SS MSROM (J)* 12:10pm Cycling (T)*</p>	<p>28 8:30am Cycle (BG)* 9:30am Beg Pilates (BG)</p>
<p>30 5:40am Combo (B) 6:45am Forever Fit (BG) 8:30am Hi/Low (S) 10:00am SS CardioCircuit (S) 12:10pm Cycling (T)* 4:15pm Beg Pilates (KA) 5:30pm Boot Camp (JK) 8:30pm Cycling (MG)*</p>	<p>31 5:40am Cycling (A)* 6:30am Interm/AdvPilate (CA) 8:30am Fit Pump (S) 10:00am SS MSROM (J)* 12:10pm FitBall (BG) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (B) 7:00pm Cycling (MG)*</p>			<p>*Studio B **Mac Gym</p>	<p>Alissa (A) Kori (KP) Brenda (B) Kathy (K) Billie (BG) Megan (MG) Carol (CA) Pattie (P) Cill (C) Sharon (S) Jo Marie (J) Shanon H (SH) Jennifer (JK) ShannonS (SS) Katie (KA) Teri (T) Sandy (SC)</p>