

Group Fitness

August

2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Classes/Instructors
6:00 a.m. :50 mins	Spin Donald Rng		Spin Donald Rng				Cycling Don Ring
7:00 a.m. :55 mins		Water Aerobics Martha		Water Aerobics Martha			Water Aerobics Bonnie Morgan
8:00 a.m. :55 mins	Water Aerobics Bonnie	Cardio Express Barb	Water Aerobics Bonnie	Cardio Express Barb	Water Aerobics Bonnie		James Cartwright Uvon Perkins
8:30 a.m. :55 mins						Detox (track) Miranda	Martha Williams
8:30 a.m. :55 mins	Step & Sculpt Karen	Strength and Length Barb	Step & Sclupt Barb	Strength and Length Barb		Step & Sclupt Barb	Karen Hildreth Barb Towe
9:00 a.m. 55 mins					Lift and Move Carla		Cardio Jam/Tabata Carla Gwaltney
9:35 a.m. :55 mins	Cardio Jam Carla			Cardio Jam Carla			Zumba Grace Absher Miranda Dalton Karen Britt (sub)
10:00 a.m. 55 mins		Yoga Karen					
11:00 a.m. 55 mins		Water Aerobics Carol		Water Aerobics Carol			
1:30 p.m. 55 mins		Silver Sneakers crystal/shannon			Silver Sneakers crystal/shannon		Detox Miranda
4:30 p.m. :55 mins	ZUMBA Grace	Barbell & Abs Karen	Cross Train Melissa	Barbell & Abs Karen	ZUMBA Grace		Yoga Karen and Raneie
5:30 p.m. :55 mins	Yoga Karen	Tabata Carla	Yoga Ranee	Anything Goes Melissa			Strength/Flexibility Barb Towe
6:30 p.m. :55 mins		ZUMBA Miranda		R.I.P.P.E.D Melissa			Silver Sneakers Shannon/Crystal
							Cross Train Melissa Turner
							R.I.P.P.E.D Melissa Turner

