

# FITNESS CLASS SCHEDULE

## August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>*****</p> <p><b>Some of the 8:30am weekday classes have been switched around.</b></p>			<b>1</b>	<b>2</b>	<b>3</b> 8:00am: Strength/ Fusion 8:45 am Vinyasa
<b>4</b> 8:30 am P90X 5:00pm: Vinyasa	<b>5</b> 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity <b>NEW</b>	<b>6</b> 7:00 am Vinyasa 8:30am: Tabata 10:00 am Gentle Yoga	<b>7</b> 8:30am: Core/Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	<b>8</b> 8:30 am Body Strength 10:00am: Multi-Level Yoga	<b>9</b> 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	<b>10</b> 8:00am: Strength/ Fusion 8:45 am Vinyasa
<b>11</b> 8:30 am P90X 5:00pm: Vinyasa	<b>12</b> 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity <b>NEW</b>	<b>13</b> 7:00 am Vinyasa 8:30am: Tabata 10:00 am Gentle Yoga	<b>14</b> 8:30am: Core/Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	<b>15</b> 8:30 am Body Strength 10:00am: Multi-Level Yoga	<b>16</b> 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	<b>17</b> 8:00am: Strength/ Fusion 8:45 am Vinyasa
<b>18</b> 8:30 am P90X 5:00pm: Vinyasa	<b>19</b> 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity <b>NEW</b>	<b>20</b> 7:00 am Vinyasa 8:30am: Tabata 10:00 am Gentle Yoga	<b>21</b> 8:30am: Core/Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	<b>22</b> 8:30 am Body Strength 10:00am: Multi-Level Yoga	<b>23</b> 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	<b>24</b> 8:00am: Strength/ Fusion 8:45 am Vinyasa
<b>25</b> 8:30am: P90X 5:00pm: Vinyasa	<b>26</b> 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity <b>NEW</b>	<b>27</b> 7:00 am Vinyasa 8:30am: Tabata 10:00 am Gentle Yoga	<b>28</b> 8:30am: Core/Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	<b>29</b> 8:30 am Body Strength 10:00am: Multi-Level Yoga	<b>30</b> 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	<b>31</b> 8:00am: Strength/ Fusion 8:45 am Vinyasa