Fitness Class Schedule

AUGUST 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30-9:30am Yoga- Sharon	**2** 9:00-10:00am Boot Camp- Holly	**3** 9:00-10:00am Kickboxing- Melissa	**4** 9:00-10:00am Chisel- Alyce	**5** 9:00-10:00am Yoga - Callie	**6** 8:00-9:00am Boot Camp- Melissa
8 8:30-9:30am Yoga- Sharon 6:00-7:00pm Weights Plus-Tony	**9** 9:00-10:00am Instructors Choice- Kendra	**10** 9:00-10:00am Chisel- Kendra	**11** 9:00-10:00am Cardio Blast- Alyce	**12** 9:00-10:00am Yoga- Callie	**13** 8:00-9:00am Boot Camp- Holly
15 8:30-9:30am Yoga- Sharon	**16** 9:00-10:00am Core And More- Holly	**17** 9:00-10:00am Kickboxing- Melissa	**18** 9:00-10:00am Chisel- Alyce	**19** 9:00-10:00am Yoga- Callie	**20** 8:00-9:00am Boot Camp- Holly
22 8:30-9:30am Yoga- Sharon 6:00-7:00pm Weights Plus-Tony	**23** 9:00-10:00am Chisel- Kendra	**24** 9:00-10:00am Kickboxing- Melissa	**25** 9:00-10:00am Instructors Choice- Alyce	**26** 9:00-10:00am Yoga- Callie	**27** 8:00-9:00am Boot Camp- Tony
29 8:30-9:30am Yoga- Sharon	**30** 9:00-10:00am Cardio Blast- Kendra	**31** 9:00-10:00am Instructors Choice- Melissa			