

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		8:30 Zumba MG	8:30 Rockin Weights MW 9:45 Stretch DB 5:30 Zumba KV	8:30 Zumba TD	8:30 Body Sculpt TD	9:00 Zumba KV 10:30 Yoga J
7	8	9	10	11	12	13
	8:30 Body Sculpt TD 9:45 Stretch DB 5:30 Zumba MG	8:30 Zumba MG	8:30 Rockin Weights MW 9:45 Stretch DB 5:30 Zumba KV	8:30 Zumba TD	8:30 Body Sculpt TD	9:00 Zumba TD 10:30 Yoga J
14	15	16	17	18	19	20
	8:30 Body Sculpt TD 9:45 Stretch DB 5:30 Zumba MG	8:30 Zumba MG	8:30 Rockin Weights MW 9:45 Stretch DB 5:30 Zumba KV	8:30 Zumba MW	8:30 Body Sculpt TD	9:00 Zumba MW 10:30 Yoga J
21	22	23	24	25	26	27
	8:30 Body Sculpt TD 9:45 Stretch DB 5:30 Zumba MG	8:30 Zumba MG	8:30 Rockin Weights MW 9:45 Stretch DB 5:30 Zumba KV	8:30 Zumba MW	8:30 Body Sculpt TD	9:00 Zumba MG 10:30 Yoga J
28	29	30	31			
	8:30 Body Sculpt TD 9:45 Stretch DB 5:30 Zumba MG	8:30 Zumba MG	8:30 Rockin Weights MW 9:45 Stretch DB 5:30 Zumba KV			

DB - Darlene Bruce ■ TD - Tina DesBollions ■ J - Jodie Eatmon ■ MG - Margaret Gleason ■ MW - Melissa Wagner ■ KV - Karen Vail

## BODY SCULPT

A full body toning class designed to tone and strengthen all major muscle groups using light weights, bands, and balls. Easy to follow.

## ROCKIN WEIGHTS

Rockin fun music. Squat, Lunge, Plank, Punch, Balance, Flex, Burn. All levels can be modified. Let's get STRONGER TOGETHER!

## YOGA

Gentle yoga class led by Jodie. She is very knowledgeable and will lead you through a great workout. A must try!

## ZUMBA

Latin Inspired Dance Fitness. Beginners are welcome. Bring a smile and you are good to go. We guarantee you will leave inspired and energetic.