

# June 2017



All classes are subject to a fee for non-members. See the Fitness Club for details.

\*Indicates class is a 30 Minute Class

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

29<sup>th</sup>

7am Pilates  
8am Step  
8:30AM BODY SHAPE  
9:30AM ZUMBA  
10:30am Fusion  
5:30pm Step Interval

30<sup>th</sup>

7am Upper Body \*  
8:15am Step  
9am On the Ball  
10am Intro to Tap  
10:30am Athletic Yoga  
5:30pm Cycle Fusion

31<sup>st</sup>

7:45am Cycle \*  
8:30am Body Shape  
9:30am Zumba  
10:30am Fusion  
4:30pm Circuit Class

1<sup>st</sup>

8:30am Step  
9:15am On the Ball

2<sup>nd</sup>

7am Pilates  
8:00am Step  
8:30am Body Shape  
9:30am Zumba Tone  
10:30am Mixed Flow Yoga

3<sup>rd</sup>

8:30am Traditional Flow Yoga  
9:30am Cardio Dance

4<sup>th</sup>

5<sup>th</sup>

7am Pilates  
8am Step  
8:30AM BODY SHAPE  
9:30AM ZUMBA  
10:30am Fusion  
5:30pm Step Interval

6<sup>th</sup>

7am Upper Body \*  
8:15am Step  
9am On the Ball  
10am Intro to Tap  
10:30am Athletic Yoga  
5:30pm Cycle Fusion

7<sup>th</sup>

7:45am Cycle \*  
8:30am Body Shape  
9:30am Zumba  
10:30am Fusion  
4:30pm Circuit Class

8<sup>th</sup>

8:30am Step  
9:15am On the Ball

9<sup>th</sup>

7am Pilates  
8:00am Step  
8:30am Body Shape  
9:30am Zumba Tone  
10:30am Mixed Flow Yoga

10<sup>th</sup>

8:30am Traditional Flow Yoga  
9:30am Cardio Dance

11<sup>th</sup>

12<sup>th</sup>

7am Pilates  
8am Step  
8:30AM BODY SHAPE  
9:30AM ZUMBA  
10:30am Fusion  
5:30pm Step Interval

13<sup>th</sup>

7am Upper Body \*  
8:15am Step  
9am On the Ball  
10am Intro to Tap  
10:30am Athletic Yoga  
5:30pm Cycle Fusion

14<sup>th</sup>

7:45am Cycle \*  
8:30am Body Shape  
9:30am Zumba  
10:30am Fusion  
4:30pm Circuit Class

15<sup>th</sup>

7am Upper Body \*  
8:30am Step  
9:15am On the Ball

16<sup>th</sup>

7am Pilates  
8:00am Step  
8:30am Body Shape  
9:30am Zumba Tone  
10:30am Mixed Flow Yoga

17<sup>th</sup>

8:30am Traditional Flow Yoga  
9:30am Cardio Dance

18<sup>th</sup>



19<sup>th</sup>

7am Pilates  
8am Step  
8:30AM BODY SHAPE  
9:30AM ZUMBA  
10:30am Fusion  
5:30pm Step Interval

20<sup>th</sup>

7am Upper Body \*  
8:15am Step  
9am On the Ball  
10:30am Athletic Yoga  
5:30pm Cycle Fusion

21<sup>st</sup>

7:45am Cycle \*  
8:30am Body Shape  
9:30am Zumba  
10:30am Fusion  
4:30pm Circuit Class

22<sup>nd</sup>

7am Upper Body \*  
8:30am Step  
9:15am On the Ball

23<sup>rd</sup>

7am Pilates  
8:00am Step  
8:30am Body Shape  
9:30am Zumba Tone  
10:30am Mixed Flow Yoga

24<sup>th</sup>

8:30am Traditional Flow Yoga  
9:30am Cardio Dance

25<sup>th</sup>

26<sup>th</sup>

7am Pilates  
8am Step  
8:30AM BODY SHAPE  
9:30AM ZUMBA  
10:30am Fusion  
5:30pm Step Interval

27<sup>th</sup>

7am Upper Body \*  
8:15am Step  
9am On the Ball  
10:30am Athletic Yoga  
5:30pm Cycle Fusion

28<sup>th</sup>

7:45am Cycle \*  
8:30am Body Shape  
9:30am Zumba  
10:30am Fusion  
4:30pm Circuit Class

29<sup>th</sup>

7am Upper Body \*  
8:30am Step  
9:15am On the Ball

30<sup>th</sup>

7am Pilates  
8:00am Step  
8:30am Body Shape  
9:30am Zumba Tone  
10:30am Mixed Flow Yoga

1<sup>st</sup>

8:30am Traditional Flow Yoga  
9:30am Cardio Dance

2<sup>nd</sup>