



# Summer 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:15am Strong Betsy		5:15-6:15am Strong Betsy			
	8:15-9:10am Yoga Flow Heather	<b>NEW!</b> 8:15-9:05am Mat Pilates Lisa	8:15-9:10am Yoga Flow Heather		8:15-9:10am Power Hour Alternating Inst.	
9:15-10:10am HIIT Jackie	9:15-10:10am DanceKlub Kelly	9:15-10:10am Raise the Bar Danielle	9:15-10:10am R.I.P.P.E.D. Danielle	9:15-10:10am Yoga Flow Kristen	9:15-10:10am DanceKlub Kelly	
10:30-11:25am Fit Fusion Denise	10:30-11:25am TNT Jackie	10:30-11:25am Fit Fusion Denise	10:30-11:25am Stretch Joan	10:30-11:25am Zumba Catherine		
4:00-5:00pm Yoga Flow Joan		4:00-5:00pm Yoga Flow Joan				
<b>NEW!</b> 5:30-6:25pm Zumba Catherine	5:30-6:25pm Raise the Bar Danielle	<b>NEW!</b> 5:30-6:25pm CardioKick Kelly	5:30-6:25pm DrumFit Donna			

