






<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 9:30 JAYNE  <b>5:30 TERI</b> 6:30 NIKESHA	2 9:30 GENNA  <b>5:30 YOLANDA</b> 6:30 YOLANDA	3 9:30 KATE  6:30 NIKESHA	4 9:30 KATE  6:30 CHRISTINA	5 9:30 JOAN	6 9:30 KATIE
7  <b>All participants must shower off before entering the pool.</b>	8 9:30 KATE  <b>5:30 YOLANDA</b> 6:30 RONNIE	9 9:30 MARIA  <b>5:30 YOLANDA</b> 6:30 RONNIE	10 9:30 JAYNE  6:30 NIKESHA	11 9:30 KATE  6:30 CHRISTINA	12 9:30 JAYNE	13 9:30 JAYNE
	14 9:30 JAYNE  <b>5:30 TERI</b> 6:30 NIKESHA	15 9:30 GENNA  <b>5:30 RONNIE</b> 6:30 YOLANDA	16 9:30 JAYNE  6:30 NIKESHA	17 9:30 KATE  6:30 CHRISTINA	18 9:30 JOAN	19 9:30 JAYNE
20  Please be on time to class. This is to prevent disruption to the class and also to prevent injury, due to inadequate warm up. <b>Thank You</b>	21 9:30 JAYNE  <b>5:30 YOLANDA</b> 6:30 TERI	22 9:30 GENNA  <b>5:30 YOLANDA</b> 6:30 YOLANDA	23 9:30 JAYNE  6:30 NIKESHA	24 9:30 KATE  6:30 CHRISTINA	25 9:30 JAYNE	26 9:30 JOAN
 <b>ZUMBA</b> FITNESS ALL FITNESS LEVELS WELCOME!	27 9:30 JAYNE  <b>5:30 TERI</b> 6:30 NIKESHA	28 9:30 GENNA  <b>5:30 YOLANDA</b> 6:30 YOLANDA	29 9:30 JAYNE  6:30 NIKESHA		30 Doing your own workout and talking during class time is distracting and unsafe!	

**GYM HOURS**  
 MON – THURS 8:30 – 9PM  
 FRI 8:30 – 8PM  
 SAT 9AM- 4PM  
 SUN - CLOSED

GROUP FITNESS & AQUATIC COORDINATOR  
**RONNIE MILLER**

[www.womensworkoutonline.com](http://www.womensworkoutonline.com)

ALL INSTRUCTORS AND CLASSES ARE SUBJECT TO CHANGE AT ANY TIME