





<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Please be on time to class. This is to prevent disruption to the class and also to prevent injury, due to inadequate warm up. Thank You				Doing your own workout & talking during class time is distracting and unsafe!	9:30 ST2 /BFX LISA
2	3	4	5	6	7	8
Daylight Saving Time Ends	8:45 LT BRITTANY 9:30 SIT BRITTANY 5:30 ST2 RONNIE 6:30 ST1 NIKESHA 6:30 SPIN LAURA	8:45 BST TOMIRA 9:30 A&C BRITTANY 5:30 SIT LISA 6:30 A&C LISA	8:45 BKB TABITHA 9:30 ST2 BRITTANY 5:30 PL LISA 6:30 CF LINDA (SOUL TRAIN)	8:45 LT LINDA 5:30 KB LISA 6:30 BFX LISA	9:30 ST1 KARLA 6:30 CF LINDA (SLAM)	9:30 ST2/BFX RONNIE
9	10	11	12	13	14	15
	8:45 LT BRITTANY 9:30 SIT BRITTANY 5:30 ST2 RONNIE 6:30 ST1 NIKESHA 6:30 SPIN LAURA	8:45 BST TABITHA 9:30 A&C BRITTANY 5:30 SIT RONNIE 6:30 A&C LISA	8:45 BKB TABITHA 9:30 ST2 BRITTANY 5:30 PL LISA 6:30 CF LINDA (SOUL TRAIN)	8:45 LT LINDA 9:30 BFX KARLA 5:30 KB LISA 6:30 BFX LISA	9:30 ST1 KARLA 6:30 CF LINDA (SLAM)	9:30 ST2/BFX LISA
16	17	18	19	20	21	22
	8:45 LT BRITTANY 9:30 SIT BRITTANY 5:30 ST2 RONNIE 6:30 ST1 NIKESHA 6:30 SPIN LAURA	8:45 BST TOMIRA 9:30 A&C BRITTANY 5:30 SIT LISA 6:30 A&C LISA	8:45 BKB TABITHA 9:30 ST2 BRITTANY 5:30 PL LISA 6:30 CF LINDA (SOUL TRAIN)	8:45 LT LINDA 9:30 BFX KARLA 5:30 KB LISA 6:30 BFX LISA	9:30 ST1 KARLA 6:30 CF LINDA (SLAM)	9:30 ST2/BFX RONNIE
23	24	25	26	27	28	29
30	8:45 LT BRITTANY 9:30 SIT BRITTANY 5:30 ST2 RONNIE 6:30 ST1 NIKESHA 6:30 SPIN LAURA	8:45 BST TOMIRA 9:30 A&C BRITTANY 5:30 SIT RONNIE 6:30 A&C LISA	TURKEY BURNER 9:30 – 11:00 BRITTANY 		9:30 ST1 KARLA 6:30 CF LINDA (SLAM)	9:30 ST2/BFX LISA

GYM HOURS

MONDAY – THURSDAY 8:30AM-9:00PM
 FRIDAY 8:30AM-8:00PM
 SATURDAY 9AM-4PM
 SUNDAYS CLOSED

GROUP FITNESS & AQUATIC COORDINATOR

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ALL CLASSES ARE SUBJECT TO CHANGE

HOLIDAY SCHEDULE