


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Any schedule changes will be posted on the wall right outside the fitness room doors. Please check these postings to assure your satisfaction with class descriptions and instructors.	How to Form a Good Habit Know what you want. Perfectly visualize the habit in your head, post pictures of your goal on your refrigerator, mirror, computer screen, television, etc. <i>Post this schedule everywhere you post your "goal" and invite your friends to join you.</i>		1 8-8:30 HI-Lo Colleen 8:30 Stretch Colleen 5:15 - 6 Pump 101 Beth 6- 6:15 "Ab"tastic Beth	2 5:30-6:15 Hi-Lo Jen 9 AM "Ball"istic Yvonne 5:30 Yoga Pat	3 9-9:45 Steppin' Yvonne 9:45-10 "Ab"tastic Yvonne	4 8 - 8:30 i ³ Beth 8:30-9 Gunz&Bunz Beth
5 9:45-10 Stretch Jennifer 10 AM Classical Pilates & Extras Jennifer	6 9 AM Steppin' Yvonne  Happy Labor Day	7 5:30-6:15 Hi-Lo Mandy 8 AM Gunz&Bunz Beth 4:30-5:15 Pump 101 Kelly 5:15- 5:30 "Ab"tastic Kelly	8 8-8:30 Low Burn Beth 8:30 Stretch Beth 5:15 - 6 TKO Rachel 6- 6:15 "Ab"tastic Rachel	9 5:30-6:15 Hi-Lo Mandy 8AM Gunz&Bunz Beth 4:30 Steppin' Jen 5:30 Yoga Pat	10 8- 8:45 Steppin' Beth 8:45-9 "Ab"tastic Beth	11 8 - 8:45 Boot Camp Mandy 8:45 - 9 "Ab"tastic Mandy
12 9:45-10 Stretch Jennifer 10 AM Classical Pilates & Extras Jennifer	13 8 AM Low Burn Beth 5:15 TKO Rachel 6:15 Yoga Pat	14 5:30-6:15 Hi-Lo Kelly 8 AM Gunz&Bunz Beth 4:30-5:15 Steppin' Kelly 5:15- 5:30 "Ab"tastic Kelly	15 8-8:30 HI-Lo Beth 8:30 Stretch Beth 5:15 - 6 TKO Rachel 6- 6:15 "Ab"tastic Rachel	16 5:30-6:15 Hi-Lo Jen 9 AM "Ball"istic Yvonne 4:30 Gunz&Bunz Joy 5:30 Yoga Pat	17 8-8:45 Steppin' Beth 8:45-9 "Ab"tastic Beth	18 8 - 8:30 i ³ Beth 8:30-9 Gunz&Bunz Beth
19 9:45-10 Stretch Jennifer 10 AM Classical Pilates & Extras Jennifer	20 9 AM Steppin' Yvonne 5:15 TKO Rachel 6:15 Yoga Pat	21 5:30-6:15 Hi-Lo Mandy 8AM Gunz&Bunz Colleen 4:30-5:15 Pump 101 Kelly 5:15- 5:30 "Ab"tastic Kelly 5:30 Boot Camp Jolynn	22 8-8:30 LowBurnColleen 8:30 Stretch Colleen 5:15 - 6 Pump101Beth 6- 6:15 "Ab"tastic Beth	23 5:30-6:15 Hi-Lo Mandy 8:00 Gunz&Bunz Beth 4:30 Steppin' Jen 5:30 Yoga Pat	24 9- 9:45 Steppin' Yvonne 9:45-10 "Ab"tastic Yvonne	25 8 - 8:45 Boot Camp Mandy 8:45 - 9 "Ab"tastic Mandy
26 9:45-10 Stretch Jennifer 10 AM Classical Pilates & Extras Jennifer	27 8 AM Low Burn Beth 5:15 TKO Rachel 6:15 Yoga Pat	28 5:30-6:15 Hi-Lo Kelly 8AM Gunz&Bunz Colleen 4:30-5:15 Steppin' Kelly 5:15- 5:30 "Ab"tastic Kelly 5:30 Pump 101 Jolynn	29 8-8:30 HI-Lo Colleen 8:30 Stretch Colleen 5:15 - 6 I2 Jen 6- 6:15 "Ab"tastic Jen	30 5:30-6:15 Hi-Lo Jen 9 AM "Ball"istic Yvonne 4:30 Pump 101 Joy 5:30 Yoga Pat	How to Form a Good Habit Make a list of the benefits of your new habit. <i>Make a separate list of the costs, and then debunk them!</i> For example, benefit "I feel energized after a good workout." Cost/debunk "I never seem to have time, but I feel great when I do something for myself." <i>Highlight the classes you will commit to.</i>	

*Please note: Karate on Tuesday, Wednesday and Saturday is provide by the American Karate Studio and requires an additional fee. Schedules for both Kid and Adult classes are available at the front desk. Additional information may be obtained by contacting Anthony at (949) 922-8201