

June 2017 morning classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All classes (except Combat Kickboxing) are FREE to members and ONLY \$10 for non-members! Printable versions of the schedule can be found at http://go2fithappens.com or our Facebook page.</p> <p>*Please sign up at the front desk in advance for MSROM, there must be at least 5 members signed up in order for class to take place.</p>				<p>1</p> <p>5:30am AM Fitness (Advanced) Kelly</p> <p>8am Yoga Nacole</p>	<p>2</p> <p>8am Spin & Tone Yvonne</p> <p>12am MSROM* Maria</p>	<p>3</p> <p>8am Bootcamp Mandy</p> <p>9am POUND Jenn</p> <p>10am Zumba Alyssa</p>
<p>4</p> <p>9am Intro to POUND Carole</p>	<p>5</p> <p>8am Low Burn Beth</p> <p>9:15am TNT Maria</p>	<p>6</p> <p>5:30am AM Fitness Kelly</p> <p>8am Cardio Tone Sarah D.</p> <p>9-10:15am Yoga Nacole</p> <p>11am MSROM* Maria</p>	<p>7</p> <p>8am Express Strength & Stretch Colleen</p> <p>9:15am TNT Maria</p>	<p>8</p> <p>5:30am AM Fitness (Advanced) Mandy</p> <p>8am Yoga Nacole</p> <p>9-9:30am TNT Maria</p>	<p>9</p> <p>8am NO CLASS</p> <p>12am MSROM* Maria</p>	<p>10</p> <p>8am Metabolic Conditioning Jen</p> <p>9am POUND Jenn</p> <p>10am Zumba Alyssa</p>
<p>11</p> <p>9am 30/30 Core Strength & Circuit Kym</p> <p>2:15pm Meditation (Meditation is held after hours w/ Keith cost is \$10)</p>	<p>12</p> <p>8am Impact & Intensity Beth</p> <p>9:15am TNT Maria</p>	<p>13</p> <p>5:30am AM Fitness Kelly</p> <p>8am Cardio Tone Sarah D.</p> <p>9-10:15am Yoga Nacole</p> <p>11am MSROM* Maria</p>	<p>14</p> <p>8am 20/20/20 Colleen</p> <p>9:15am TNT Maria</p>	<p>15</p> <p>5:30am AM Fitness (Advanced) Mandy</p> <p>8am Yoga Nacole</p>	<p>16</p> <p>8am Spin & Tone Yvonne</p> <p>12am MSROM* Maria</p>	<p>17</p> <p>8am Metabolic Conditioning Jen</p> <p>9am POUND Jenn</p> <p>10am Zumba Alyssa</p>
<p>18</p> <p>9am Intro to POUND Carole</p>	<p>19</p> <p>8am Low Burn Beth</p> <p>9:15am TNT Maria</p>	<p>20</p> <p>5:30am AM Fitness Kelly</p> <p>8am Cardio Tone Sarah D.</p> <p>9-10:15am Yoga Nacole</p> <p>11am MSROM* Maria</p>	<p>21</p> <p>8am Express Strength & Stretch Colleen</p> <p>9:15am TNT Maria</p>	<p>22</p> <p>5:30am AM Fitness (Advanced) Mandy</p> <p>8am Yoga Nacole</p> <p>9-9:30am TNT Maria</p>	<p>23</p> <p>8am Spin & Tone Maria</p> <p>12am MSROM* Maria</p>	<p>24</p> <p>8am Bootcamp Mandy</p> <p>9am POUND Jenn</p> <p>10am Zumba Alyssa</p>
<p>25</p> <p>9am 30/30 Core Strength & Circuit Kym</p> <p>2:15pm Meditation (Meditation is held after hours w/ Keith cost is \$10)</p>	<p>26</p> <p>8am Impact & Intensity Beth</p> <p>9:15am TNT Maria</p>	<p>27</p> <p>5:30am AM Fitness Kelly</p> <p>8am Cardio Tone Sarah D.</p> <p>9-10:15am Yoga Nacole</p> <p>11am MSROM* Maria</p>	<p>28</p> <p>8am 20/20/20 Colleen</p> <p>9:15am TNT Maria</p>	<p>29</p> <p>5:30am AM Fitness (Advanced) Mandy</p> <p>8am Yoga Nacole</p>	<p>30</p> <p>8am Spin & Tone Yvonne</p> <p>12am MSROM* Maria</p>	

June 2017 evening classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Hours: Mon-Thur. 5am-10pm Fri. 5am-9pm Sat. 7am-3pm Sun. 7am-2pm				1 4:30pm Circuit <i>Kym</i> 5pm Core/Strength <i>Kym</i> 5:30pm WOW <i>Kelly D.</i> 6:30pm Zumba <i>Alyssa</i>	2 4:30pm Power Flow <i>Nacole</i> 6-6:30pm - 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	3
4	5 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	6 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	7 4:15pm POUND <i>Jenn</i> 5:15pm I3/Gunz&Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	8 4:30pm Core/Strength <i>Kym</i> 5pm Circuit <i>Kym</i> 5:30pm WOW <i>Kelly D.</i> 6:30pm Zumba <i>Alyssa</i>	9 4:30pm Power Flow <i>Nacole</i> 6-6:30pm - 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	10
11	12 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	13 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	14 4:15pm POUND <i>Jenn</i> 5:15pm Step / Gunz & Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	15 4:30pm Circuit <i>Kym</i> 5pm Core/Strength <i>Kym</i> 5:30pm WOW <i>Kelly D.</i> 6:30pm Zumba <i>Alyssa</i>	16 4:30pm Power Flow <i>Nacole</i> 6-6:30pm - 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	17
18	19 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	20 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	21 4:15pm POUND <i>Jenn</i> 5:15pm I3/Gunz&Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	22 4:30pm Core/Strength <i>Kym</i> 5pm Circuit <i>Kym</i> 5:30pm WOW <i>Kelly D.</i> 6:30pm Zumba <i>Alyssa</i>	23 4:30pm Power Flow <i>Nacole</i> 6-6:30pm - 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	24
25 	26 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	27 4:30-5pm Tabata <i>Kym</i> 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	28 4:15pm POUND <i>Jenn</i> 5:15pm Step / Gunz & Bunz <i>Beth</i> 6:15pm Pads and Bags <i>Daniel</i> (Gym Reserved until 8pm)	29 4:30pm Circuit <i>Kym</i> 5pm Core/Strength <i>Kym</i> 5:30pm WOW <i>Kelly D.</i> 6:30pm Zumba <i>Alyssa</i>	30 4:30pm Power Flow <i>Nacole</i> 6-6:30pm - 30 min. of open gym designated to martial arts training (with no instruction) 6:30-7:30pm *Combat Kickboxing <i>Keith</i>	