

August 2017 morning classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All classes (except Combat Kickboxing and Meditation) are FREE to members and ONLY \$5 this month 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 <i>Kelly</i></p> <p>8am Cardio Tone <i>Sarah D.</i></p> <p>9am Yoga <i>Nacole</i></p> <p>11am MSROM* <i>Maria</i></p>	<p>2</p> <p>8am 20/20/20 <i>Colleen</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>3</p> <p>5:30am AM Fitness (Advanced) <i>Mandy</i></p> <p>8am Candlelight Yoga <i>Nacole</i></p>	<p>4</p> <p>8am Spin & Tone <i>Yvonne</i></p> <p>11am Beginner Yoga <i>Nacole</i></p> <p>12am MSROM* <i>Maria</i></p>	<p>5</p> <p>8am Bootcamp <i>Mandy</i></p> <p>9am POUND <i>Jenn</i></p> <p>10am Zumba <i>Alyssa</i></p>
<p>6</p> <p>9am 30/30 Core Strength & Circuit <i>Kym</i></p> <p>2:15pm Meditation (Meditation is held after hours w/ Keith cost is \$5)</p>	<p>7</p> <p>8am Low Burn <i>Beth</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>8</p> <p>5:30am AM Fitness <i>Mandy</i></p> <p>8am Cardio Tone <i>Sarah D.</i></p> <p>9am Yoga <i>Nacole</i></p> <p>11am MSROM* <i>Maria</i></p>	<p>9</p> <p>8am Express Strength & Stretch <i>Colleen</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>10</p> <p>5:30am AM Fitness (Advanced) <i>Mandy</i></p> <p>8am Candlelight Yoga <i>Nacole</i></p> <p>9-9:30am TNT <i>Maria</i></p>	<p>11</p> <p>8am Latin Cardio <i>Sarah D.</i></p> <p>12am MSROM* <i>Maria</i></p>	<p>12</p> <p>8am Metabolic Conditioning <i>Jen</i></p> <p>9am POUND <i>Jenn</i></p> <p>10am Zumba <i>Alyssa</i></p>
<p>13</p> <p>9am NO CLASS</p>	<p>14</p> <p>8am Step <i>Beth</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>15</p> <p>5:30am AM Fitness <i>Mandy</i></p> <p>8am Cardio Tone <i>Sarah D.</i></p> <p>9am Yoga <i>Nacole</i></p> <p>11am MSROM* <i>Maria</i></p>	<p>16</p> <p>8am 20/20/20 <i>Colleen</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>17</p> <p>5:30am AM Fitness (Advanced) <i>Mandy</i></p> <p>8am Candlelight Yoga <i>Nacole</i></p>	<p>18</p> <p>8am Spin & Tone <i>Yvonne</i></p> <p>11am Beginner Yoga <i>Nacole</i></p> <p>12am MSROM* <i>Maria</i></p>	<p>19</p> <p>8am Metabolic Conditioning <i>Jen</i></p> <p>9am POUND <i>Jenn</i></p> <p>10am Zumba <i>Alyssa</i></p>
<p>20</p> <p>9am 30/30 Core Strength & Circuit <i>Kym</i></p> <p>2:15pm Meditation (Meditation is held after hours w/ Keith cost is \$5)</p>	<p>21</p> <p>8am Low Burn <i>Beth</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>22</p> <p>5:30am AM Fitness <i>Kelly</i></p> <p>8am Cardio Tone <i>Sarah D.</i></p> <p>9am Yoga <i>Nacole</i></p> <p>11am MSROM* <i>Maria</i></p>	<p>23</p> <p>8am Express Strength & Stretch <i>Colleen</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>24</p> <p>5:30am AM Fitness (Advanced) <i>Mandy</i></p> <p>8am Candlelight Yoga <i>Nacole</i></p> <p>9-9:30am TNT <i>Maria</i></p>	<p>25</p> <p>8am Latin Cardio <i>Sarah D.</i></p> <p>12am MSROM* <i>Maria</i></p>	<p>26</p> <p>8am Bootcamp <i>Mandy</i></p> <p>9am POUND <i>Jenn</i></p> <p>10am Zumba <i>Alyssa</i></p>
<p>27</p> <p>9am NO CLASS</p>	<p>28</p> <p>8am Step <i>Beth</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>29</p> <p>5:30am AM Fitness <i>Kelly</i></p> <p>8am Cardio Tone <i>Sarah D.</i></p> <p>9am Yoga <i>Nacole</i></p> <p>11am MSROM* <i>Maria</i></p>	<p>30</p> <p>8am 20/20/20 <i>Colleen</i></p> <p>9:15am TNT <i>Maria</i></p>	<p>31</p> <p>5:30am AM Fitness (Advanced) <i>Mandy</i></p> <p>8am Candlelight Yoga <i>Nacole</i></p>		

August 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 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	2 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)	3 4:30-5pm Core/Strength <i>Kym</i> 5-5:30pm Circuit <i>Kym</i> 6:30pm Zumba /Weight Fusion <i>Alyssa</i>	4 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>	5
6	7 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	8 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	9 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)	10 4:30-5pm Circuit <i>Kym</i> 5-5:30pm Core/Strength <i>Kym</i> 6:30pm Zumba /Weight Fusion <i>Alyssa</i>	11 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>	12
13	14 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	15 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	16 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)	17 4:30-5pm Core/Strength <i>Kym</i> 5-5:30pm Circuit <i>Kym</i> 6:30pm Zumba /Weight Fusion <i>Alyssa</i>	18 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>	19
20	21 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	22 4:30-5pm Tabata <i>Jen</i> 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	23 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)	24 4:30-5pm Circuit <i>Kym</i> 5-5:30pm Core/Strength <i>Kym</i> 6:30pm Zumba /Weight Fusion <i>Alyssa</i>	25 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>	26
27	28 5:15pm POUND <i>Jenn</i> 6:15pm Pads and Bags <i>Daniel</i>	29 5:30pm Strength Intervals <i>Katy</i> 6:30pm *Combat Kickboxing <i>Keith</i>	30 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)	31 4:30-5pm Core/Strength <i>Kym</i> 5-5:30pm Circuit <i>Kym</i> 6:30pm Zumba /Weight Fusion <i>Alyssa</i>		

NOT A MEMBER AND WANT TO TRY A CLASS? AEROBICS CLASSES ARE ONLY \$5 FOR NON MEMBERS THIS MONTH!!!

 NOTE: THIS SALE DOES NOT APPLY TO COMBAT KICKBOXING, MEDITATION, AND GYM USE DAY PASSES

