






















Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
7:15							
8:30	 <b>Butts &amp; Guts</b> Janet Frey	 <b>CARDIO STRENGTH</b> WORKOUT Jen Grimes	 Janet Frey	 <b>CARDIO STRENGTH</b> WORKOUT Jen Grimes	 <b>MASH UP</b> Jenn Miller		
9:45			 <b>STEP CLASS</b> Jenn Miller				
11:15		 <b>SilverSneakers</b> Janet Frey	 <b>SilverSneakers</b> <b>Cardio</b> Janet Frey		 <b>SilverSneakers</b> Janet Frey		
5:30	 <b>INDOOR CYCLING</b> Steph Forte	 <b>CARDIO STRENGTH</b> WORKOUT Jen Grimes	 <b>INDOOR CYCLING</b> Steph Forte	 <b>CARDIO STRENGTH</b> WORKOUT Jen Grimes			
6:00					 <b>CORE DE FORCE</b> Lori Coffman		
6:30	 <b>Butts &amp; Guts</b> Janet Frey	 <b>ZUMBA</b> GabyDora	 <b>LIFT</b> Roland Wilder	 <b>STEP CLASS</b> Jenn Miller			
7:30		 <b>PSOX</b> Lori Coffman					

**\$5.00 fee for nonmembers**