






[Click here to download the Fitness Calendar PDF](#)

Close this Window

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	 CYCLE LORI		 CYCLE ANGELA		 CYCLE LORI		
8:00 am	SILVER SNEAKERS LINDA		SILVER SNEAKERS LINDA		SILVER SNEAKERS JO		
8:45 am	SPINTENSITY JOY	MALIBU PILATE'S GERI	CYCLE PAM	TOTAL STRENGTH JOY	CYCLE-PAM/JANE ZUMBA - JO	CYCLE ANGELA	CYCLE JANE
9:30 am	PILATE'S BECKY	CARDIO CORE PAM	MALIBU PILATE'S GERI	PILATE'S GERI	PILATE'S HILLARY	YOGA BECKY	PILATE'S JANE
10:15 am	YOGA BECKY		YOGA RUTH				
11:45 am	CYCLE CORE JOY		CYCLE CORE JOY		BOOT CAMP JOY		
5:30 pm	CYCLE MINDY H.		CYCLE CAROLEENA				
6:00 pm	YOGA MINDY	HARDCORE		HARDCORE PAM			
6:45 pm		ZUMBA JO					