





JUNE

GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	SPINCORE CAREN 6,13,27 DONNA 20	STRENGTH & STRETCH KHRISTINE 7,14,21,28	SPIN DONNA 1,8,15,29 CAREN 22	BOOTCAMP SHANNON 2,9,16,23,30	5:45am SPINCORE SHANNON 3,10,17,24	
8:00 am						BOOTCAMP DEANTHONY 4,11 STARR 18,25
8:30 am		CIRCUIT TRAINING ELAINE 7,21 BOOTCAMP DEANTHONY 14,28		TABATA KERRI 2 SPIN* MANDY 9,16,30 BOOTCAMP DEANTHONY 23		
9:00 am	 KERRI 6,27 DEBORAH 13,20		HARDCORE DEBORAH 1,15 KERRI 8,22 TURBO KICK LIVE! 29TH		 DEBORAH 3,10 KERRI 17,24	YOGA/STRETCH DEANTHONY 4 STORI 11 STARR 18,25
9:20 am		STRETCH/YOGA TERESA 7,21 DEANTHONY 14,28		STRETCH/YOGA NORIKO 2,9,16,30 TERESA 23		
9:30 am			ROCK BOTTOM DEBORAH 1,15 KERRI 8,22 TURBO KICK LIVE! 29TH			
10:15 am		WATER AEROBICS TERESA 7,21 ELAINE 14,28	ULTIMATE UPPER (10:00am) DEBORAH 1,15 KERRI 8,22 TURBO KICK LIVE! 29TH	WATER AEROBICS NORIKO 2,9,16,30 TERESA 23	NEW!!  DEBORAH 3,10,17 NO CLASS 24	WATER AEROBICS TERESA 4,11,18 NORIKO 25
6:00 pm	NEW!!  DEBORAH 6,20 NO CLASS 13,27		WILDCARD WEDNESDAY DEBORAH 1,8,15,29 NO CLASS 22			
6:30pm				YOGA 2 STORI 9,16,23,30		

*Reservations please

Classes and instructors are subject to change

Fitness Director, Deborah Fleming 912-233-2466

TURBO KICK LIVE MASTERCLASS!! WEDNESDAY, JUNE 29TH AT 9AM