

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Spin (Limited Spots Available Must Reserve)</p> <p>6:00 – 7:00 AM</p> <p>Kelly</p>		<p>Spin (Limited Spots Available Must Reserve)</p> <p>6:00 – 7:00 AM</p> <p>Kelly</p>		<p>Spin (Limited Spots Available Must Reserve)</p> <p>9:00 – 10:00 AM</p> <p>Kelly</p>
<p>Buns &amp; Guns</p> <p>6:00 – 7:00 PM</p> <p>Gillian</p>	<p>Body Mechanix</p> <p>6:00 – 7:00 PM</p> <p>Ryne</p>	<p>Deep Stretch</p> <p>6:00 – 6:45 PM</p> <p>Kevin</p>			<p>Hangover Helper</p> <p>10:00 – 11:00 AM</p> <p>Ryne</p>
	<p>Zumba Rocks</p> <p>8:00 – 9:00 PM</p> <p>Sharon</p>		<p>Zumba Rocks</p> <p>8:00 – 9:00 PM</p> <p>Sharon</p>		<p>Zumba Rocks</p> <p>11:30 – 12:30 AM</p> <p>Sharon</p>

*- Deep Stretch-  
Limited Foam Rollers!*  
An innovative class that focuses on loosening up connective tissues to increase flexibility enhances muscle recovery, prevent injuries and promote overall wellness. From yoga lovers to body builders, this class is for you!

*- Body Mechanix-  
HIIT (High Intensity Interval Training) combining plyometric and boxing circuits. If you want to burn calories this is the class to take!!!*

*- Buns & Guns -  
A full body boot-camp that focuses on strength & conditioning by utilizing total body exercises.*

*- Hangover Helper -  
Perfect for the morning after Friday night.  
Sweat...Sweat...and Sweat some more!!!  
Full Body Circuit Training.*

*- Tabata Boot Camp -  
A full body boot camp based off the Tabata Protocol. If you are ready to push your conditioning to the limit this is the class for you!*

**ZUMBA ROCKS**

**SPIN**  
(Limited Spots, Must Reserve)

