**June & July Group training monthly.**

SATURDAY

8:00-9:00 am

 **Spinning & Sculpt**

Stacy/Brenda/Jess

SUNDAY

6:00-7:00 pm

 Yoga

Haylee

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph

8:00-8:45 am

**Spinning & Sculpt**

Molly

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Steve

8:00-8:45 am

**F.I.T**

Molly

**Group Personal Training monthly**

**Monday’s, Wed’s &Thursday’s.**

 **5:00-5:45 pm**

**sign up required.**

###### THURSDAY

5:30-6:15 am

 **Yoga**

Haylee

8:00-8:45 am

**Barre**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Ruth

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:00-9:00 am

 **Yoga**

Haylee/Molly

10:00-11:00 am

**Silver Sneakers**

Ruth

5:00-5:45 pm

**Spinning**

Molly

###### MONDAY

5:30-6:15 am

 **Boot camp**

Lora

8:00-8:45 am

**Per4mance**

Molly

**Group Personal Training monthly**

**Tuesdays, Thursday’s, Friday’s 6:00-6:45 am**

**sign up required.**

4:30-5:15 pm

**F.I.T**

Steph

5:30-6:30 pm

 **Yoga**

Molly