



SWITCH UP YOUR ROUTINE!

Group Exercise Demo

Come and try out a few different classes, as you get ready for Fall Session! Class location on right side.

Strength train together—Riggins room
 Spin — Rotary room
 CSI — Davis room
 Zumba—Riggins room
 Kickboxing—Davis room
 Y-Muscle Max—Riggins room
 Yoga—Davis room
 Zumba step—Riggins room

Monday, August 14th – Thursday, August 17th

	Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17
Early AM		Spin, 5:45am with Eric	Strength Train Together, 9:30am with Re- becca	Spin, 5:45am with Eric
Morning		CSI, 9:15am with Rebecca <hr/> Zumba, 9:30am with Dawn		Zumba Step, 9:30am with Dawn
Afternoon		Spin, 4:00pm with Chris		
Evening	Strength Train Together, 6:00pm with Rebecca	Kickboxing, 6:00pm with Orlando <hr/> Spin, 6:45pm with Larry <hr/> Y Muscle Max, 7:00pm with Orlando	Yoga, 7:15pm with Liza	Kickboxing, 6:00pm with Orlando <hr/> Y Muscle Max, 7:00pm with Orlando