

# Fitness Classes - August 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Note: * (class held in lounge)</p>		<p>1 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>2 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>3 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>4 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>5 Sunrise Yoga at Patterson 7:15-8:15 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>6 Indoor Cycling 8:15-9:15</p>	<p>7 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>8 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>9 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>10 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>11 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>12 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>13 Indoor Cycling 8:15-9:15</p>	<p>14 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>15 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>16 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>17 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>18 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>19 Sunrise Yoga at Patterson 7:15-8:15 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>20 Indoor Cycling 8:15-9:15</p>	<p>21 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>22 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>23 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>24 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>25 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>26 Sunrise Yoga at Patterson 7:15-8:15 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>27 Indoor Cycling 8:15-9:15</p>	<p>28 Total Strength 6:00-7:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>29 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>30 *Yoga 9:00-9:45 Zumba 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>31 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>		