

# CLASS SCHEDULE - Week of September 14th

## Monday

515a: Butts&Guts-Beth (MPR) \$5  
9a: SG Barre-Diane (AR) \$5  
9a: Crosstraining-Amanda (MPR)  
5:15p: Strength&Cardio-Deidra(AR)\$5  
615p: Cycling-Chris (MPR) \$2  
615p: Turbokick-Beth (LC)

## TUESDAY

515a: P90X-Jen (MPR)  
9a: Strength&Cardio-Beth (AR) \$5  
9a: Cardio Sculpt-Carol (MPR)  
515p: Step Up-Rhonda (MPR)  
5:15p: Upper Body Burn-Marisa(AR)\$5  
6:15p: Butts&Guts-Marisa (AR) \$5  
615p: Zumba-Joelle(MPR)

## WEDNESDAY

515a: Cycling-Misty (MPR) \$2  
9a: Kettlebell-Jen (AR) \$5  
9a: PiYo-Diane (MPR) (V)  
5:15p: Tone Up-Marisa (AR) \$5  
615p: Cycling-Mandy (MPR) \$2

## THURSDAY

515a: Strength&Cardio-Beth(MPR)\$5  
9a: Turbokick-Beth (MPR)  
9a: Transform-Carol (AR)  
515p: Step Up-Rhonda (MPR)  
5:15p: Core and More-Jamie (AR) \$5  
615p: Zumba-Megan (MPR)

## FRIDAY

515a: Cycle Boot Camp-Marisa/Jen(MPR)  
9a: Butts&Guts-Beth (AR) \$5  
9a: Step Up-Carol (MPR)  
5:15p: Bands, Bells&Balls-Chuck  
(MPR) \$5

## SATURDAY

7a: ABC Intervals-Diane (MPR) \$5  
8:15a: Cycling-Renee (MPR) \$2  
10a: Zumba-Megan (MPR)



## KEY

MPR=Multi-Purpose Room  
AR = Aerobic Room  
LC = Life Center  
V = YouTube Live Option



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