

# Group Fitness



## AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Tricia	5:15a - Yoga Myah	5:15a - Power Waves Julie	5:15a - Spin Tricia	(8/5) 8:00a - Balls & Bells	8:00a - Body Pump Bob
8:00a - TRX & Tabata SueAnn	8:00a - Body Pump SueAnn	8:00a - F.I.T. Outside (weather permitting) Tricia/Myah	8:00a - Body Pump SueAnn	(8/12) 8:00a - Battle & Box	9:15a - Spin Allen (8/6 & 8/20)
9:00a - Yoga Fit Jamie	9:15a - Yoga Myah (8/9 & 8/23)	9:00a - Body Flow *Virtual*	9:15a - Yoga Fit Myah	(8/19) 8:00a - Complete Core	Amanda (8/13 & 8/27)
9:00a - Aqua Fit Tracy	9:00a - Aqua Fit Julie	9:00a - Aqua Fit Tracy	12:15p - Body Combat *Virtual*	(8/26) 8:00a - Step Combo	10:00a - Body Pump *Virtual*
10:15a - Strong Seniors Tracy	12:15p - Body Pump *Virtual*	10:15a - Strong Seniors Tracy	4:30p - RPM *Virtual*	9:00a - Aqua Fit Julie	1:00p - RPM *Virtual*
12:15p - Spin Tricia	5:30p - RPM Tonja	12:15p - RPM Tonja	5:30p - Body Pump Tonja	9:00a - Yoga Tami	1:00p - Body Pump *Virtual*
4:30p - Dance Fitness Myah	6:15p - Body Flow *Virtual*	4:30p - Body Combat *Virtual*	5:30p - RPM *Virtual*	5:00p - Body Flow *Virtual*	3:00p - Body Combat *Virtual*
5:30p - Body Pump Bob	7:00p - RPM *Virtual*	5:30p - SPRINT *Virtual*	6:30p - SPRINT *Virtual*	5:30p - RPM *Virtual*	5:00p - Body Flow *Virtual*
5:30p - RPM *Virtual*		5:30p - Body Pump *Virtual*	6:45p - Body Flow *Virtual*		
6:45p - Body Flow *Virtual*		6:30p - SPRINT *Virtual*			
7:00p - RPM *Virtual*		7:00p - Body Flow *Virtual*			
<b>Sunday</b>					
2:00p - Yoga Leigh-Ann					
3:15p - Body Pump *Virtual*					
4:00p - RPM *Virtual*					

August 16th- 5:15 am: Sunrise Yoga with Myah

