

## INDOOR CLASS SCHEDULE

Monday 5:30pm	Cardio Core / Emily
Tuesday 5:30pm	Strong / Brianna
Wednesday 5:30pm	Zumba / Chanda
Thursday 5:30pm	Turbo Kick / Deanna
Thursday 6:30pm	PiYo / Deanna
Friday 6:00am (30mins)	Cycle/Lisa
Friday 6:30am (30mins)	Strength Cardio/Lisa

## OUTDOOR CLASSES

Tuesday 9:00am	Young at Heart / Anita
Thursday 9:00am	Young at Heart / Anita