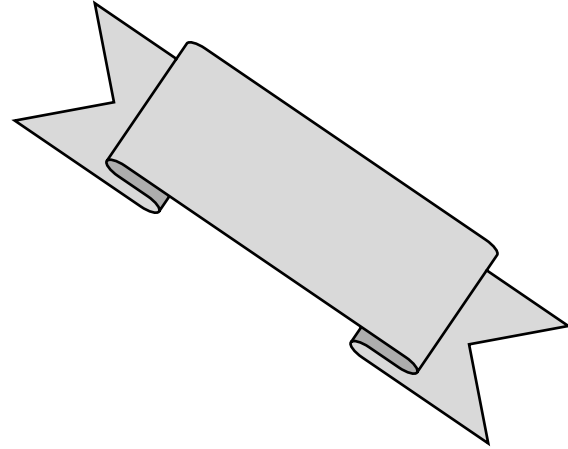
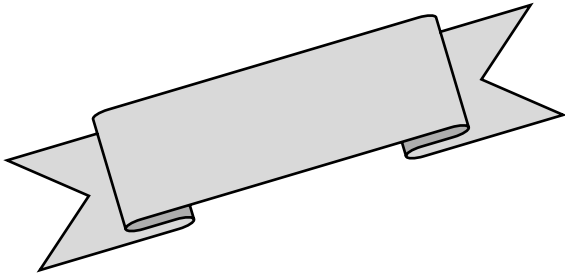


<i>Class</i>	<i>Time</i>	<i>Instructor</i>
<u>Monday</u>		
<b>Bootcamp</b>	<b>5:30 AM – 6:15 AM</b>	<b>Amanda</b>
<b>HIGH</b>	<b>9:30 AM – 10:15 AM</b>	<b>Jennifer</b>
<b>Cardio Strength</b>	<b>12:00 PM – 12:45 PM</b>	<b>Betsy</b>
<b>Spin Sculpt</b>	<b>6:00 PM – 6:45 PM</b>	<b>Luanne</b>
<b>Total Body</b>	<b>7:00 PM – 7:45 PM</b>	<b>Wendy</b>
<u>Tuesday</u>		
<b>Spin</b>	<b>5:30 AM – 6:15 AM</b>	<b>Rachelle</b>
<b>PiYo</b>	<b>9:30 AM – 10:15 AM</b>	<b>Betsy</b>
<b>TRX</b>	<b>12:00 PM – 12:45 PM</b>	<b>Vicki</b>
<b>Butt and Gut</b>	<b>6:00 PM – 6:45 PM</b>	<b>Vicki</b>
<b>Athletic Conditioning</b>	<b>7:00 PM – 7:45 PM</b>	<b>Elijah</b>
<u>Wednesday</u>		
<b>Bootcamp</b>	<b>5:30 AM – 6:15 AM</b>	<b>Amanda</b>
<b>ABC</b>	<b>9:30 AM – 10:15 AM</b>	<b>Vicki</b>
<b>Cardio Sculpt</b>	<b>12:00 PM – 12:45 PM</b>	<b>Betsy</b>
<b>Yoga</b>	<b>6:00 PM – 6:45 PM</b>	<b>Mallory</b>
<b>Spin</b>	<b>7:00 PM – 7:45 PM</b>	<b>Rachelle</b>
<u>Thursday</u>		
<b>Spin</b>	<b>5:30 AM – 6:15 AM</b>	<b>Rachelle</b>
<b>PiYo</b>	<b>9:15 AM – 10:00 AM</b>	<b>Betsy</b>
<b>ABC</b>	<b>12:00 PM – 12:45 PM</b>	<b>Vicki</b>
<b>Spin</b>	<b>6:00 PM – 6:45 PM</b>	<b>Stephanie</b>
<b>Yoga</b>	<b>7:00 PM – 7:45 PM</b>	<b>Stephanie</b>
<u>Friday</u>		
<b>Boot Camp</b>	<b>5:30 AM – 6:15 AM</b>	<b>Amanda</b>
<b>Total Body</b>	<b>9:30 AM – 10:15 AM</b>	<b>Wendy</b>
<b>Cardio Strength</b>	<b>12:00 PM – 12:30 PM</b>	<b>Betsy</b>



<i>Saturday</i>		
<b>October 3<sup>rd</sup></b>	9:15 AM – 10:00 AM Spin (Vicki)	10:15 AM – 11:00 AM Butt and Gut (Vicki)
<b>October 10<sup>th</sup></b>	9:15 AM – 10:00 AM Spin (Betsy)	10:15 AM – 11:00 AM Bootcamp (Amanda)
<b>October 17<sup>th</sup></b>	9:15 AM – 10:00 AM Spin (Stephanie)	10:15 AM – 11:00 AM Athletic Conditioning (Nick)
<b>October 24<sup>th</sup></b>	9:15 AM – 10:00 AM Spin (Amanda)	10:15 AM – 11:00 AM Butt and Gut (Amanda)
<b>October 31<sup>st</sup></b>	9:15 AM – 10:00 AM Spin (Vicki)	10:15 AM – 11:00 AM Bootcamp (Amanda)