



August 2017 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 9:00 AM (45) WaterWorks– CM 10:00 AM (45) Pilates Fusion– CF 5:30PM (60) FIGHTstrong– DP 6:30 PM (60) YOGA– BN	<i>2</i> 10:00 AM (45) BodyBLAST– DP 11:00AM (30) Low Impact– DP 5:30 PM (45) Get RIPPED– SB 6:30 PM (45) Tabata– ED	<i>3</i> 10:00 AM (60) Get RIPPED– SB 5:30PM (45) Pilates Fusion– AP 6:30 PM (45) Guns & Buns– AO	<i>4</i> 9:00 AM (45) WaterWorks– CM 10:00 AM (60) KickBoxing– AO	<i>5</i> 10:15 AM (60) Zumba– JH
<i>6</i> 8:45 AM (45) WaterWorks– CP	<i>7</i> 10:00 AM (60) Get RIPPED– SB 11:30 AM (45) WaterWorks– CM 5:30PM (60) P90X– DP 6:15PM (45) WaterWorks– CP 6:30 PM (60) ZUMBA– DG	<i>8</i> 9:00 AM (45) WaterWorks– CM 10:00 AM (45) Pilates Fusion– CF 5:30PM (60) FIGHTstrong– DP 6:30 PM (60) YOGA– BN	<i>9</i> 10:00 AM (45) BodyBLAST– DP 11:00AM (30) Low Impact– DP 5:30 PM (45) Get RIPPED– SB 6:30 PM (45) Tabata– ED	<i>10</i> 10:00 AM (60) P90X– DP 5:30PM (45) Pilates Fusion– AP 6:30 PM (45) Guns & Buns– AO	<i>11</i> 9:00 AM (45) WaterWorks– CM 10:00 AM (60) StreetFIGHTER– DP	<i>12</i> 10:15 AM (60) Zumba– SR
<i>13</i> 8:45 AM (45) WaterWorks– CP	<i>14</i> 10:00 AM (60) Get RIPPED– SB 11:30 AM (45) WaterWorks– CM 5:30PM (60) P90X– DP 6:15PM (45) WaterWorks– CP 6:30 PM (60) ZUMBA– AO	<i>15</i> 9:00 AM (45) WaterWorks– CM 10:00 AM (45) Pilates Fusion– CF 5:30PM (60) FIGHTstrong– DP 6:30 PM (60) YOGA– BN	<i>16</i> 10:00 AM (45) BodyBLAST– DP 11:00AM (30) Low Impact– DP 5:30 PM (45) Get RIPPED– SB 6:30 PM (45) Tabata– ED	<i>17</i> 10:00 AM (60) P90X– DP 5:30PM (45) Pilates Fusion– AP 6:30 PM (45) Guns & Buns– AO	<i>18</i> 9:00 AM (45) WaterWorks– CM 10:00 AM (60) KickBoxing– AO	<i>19</i> 10:15 AM (60) Zumba– JH
<i>20</i> 8:45 AM (45) WaterWorks– CP	<i>21</i> 10:00 AM (60) Get RIPPED– SB 11:30 AM (45) WaterWorks– CM 5:30PM (60) P90X– DP 6:15PM (45) WaterWorks– CP 6:30 PM (60) ZUMBA– DG	<i>22</i> 9:00 AM (45) WaterWorks– CM 10:00 AM (45) Pilates Fusion– CF 5:30PM (60) FIGHTstrong– DP 6:30 PM (60) YOGA– BN	<i>23</i> 10:00 AM (45) BodyBLAST– DP 11:00AM (30) Low Impact– DP 5:30 PM (45) Get RIPPED– SB 6:30 PM (45) Tabata– ED	<i>24</i> 10:00 AM (60) P90X– DP 5:30PM (45) Pilates Fusion– AP 6:30 PM (45) Guns & Buns– AO	<i>25</i> <u>No WaterWorks</u> <u>Pool Closed</u> 10:00 AM (60) StreetFIGHTER– DP	<i>26</i> 10:15 AM (60) Zumba– JH
<i>27</i> <u>No WaterWorks</u> <u>Pool Closed</u>	<i>28</i> 10:00 AM (60) Get RIPPED– SB 11:00 AM (30) Low Impact– DP 5:30PM (60) P90X– DP 6:15PM (45) WaterWorks– CP 6:30 PM (60) ZUMBA– AO	<i>29</i> 9:00 AM (45) Stretch & Tone– CM 10:00 AM (45) Pilates Fusion– CF 5:30PM (60) FIGHTstrong– DP 6:30 PM (60) YOGA– BN	<i>30</i> 10:00 AM (45) BodyBLAST– DP 11:00AM (30) Low Impact– DP 5:30 PM (45) Get RIPPED– SB 6:30 PM (45) Tabata– ED	<i>31</i> 10:00 AM (60) P90X– DP 5:30PM (45) Pilates Fusion– AP 6:30 PM (45) Guns & Buns– AO		