

August 2022

GROUP EXERCISE

THREE SPRINGS ROAD

MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK
THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		Total Tabata -Carrie Spin -Beth-8/1 -Regina-8/8 -Allison-8/15 -Regina-8/22 -Beth 8/29	Spin -Beth F.I.T. -Carrie-8/2 -Regina-8/9 -Amy-8/16 -Joy-8/23 -Tina-8/30	Spin -Regina Total Body -Joy	Spin -Allison Step -Carrie	Spin -Regina Bootcamp -Carrie	
8:30 - 9:30AM		Power Up -Tina	Spin -Chandler Zumba -Ana	Bootcamp -Tina	Spin -Chandler	F.I.T. -Ana	Spin -Chandler Saturday Sweat -Allison (Power Up)-8/6 -Carrie (Zumba Step)-8/13 -Ana (Strong by Zumba)-8/20 -Regina (R.I.P.P.E.D.)-8/27
9:30 - 10:30AM		Spin -Tina Stretch "N" Flex -Chandler	Pilates -8/2-Chandler -8/9-Chandler -8/16-Allison -8/23-Chandler -8/30-Chandler	Spin -Tina Stretch "N" Flex -Heather		Spin -Beth Yoga Stretch -Chandler	
5:30 - 6:30PM		Zumba -Ana	Strength & Agility -Danny	Power Up -Peggy	Explosive Fitness -Danny	Zumba Step/ Zumba -Carrie-(Zumba Step) 8/5,8/12 -Reina-(Zumba) 8/19,8/26	

