

August 2023

# GROUP EXERCISE

THREE SPRINGS ROAD

\*Please join us on Saturday 8/26 @9:30 for a Pop Up Yoga class !

# 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		<b>Total Tabata</b> -Carrie  <b>Spin</b> Regina 8/7 Regina 8/14 Beth 8/21 Allison-8/28	<b>Spin</b> -Beth  <b>Power Up</b> -Allison	<b>Spin</b> -Regina  <b>Total Body</b> -Carrie	<b>Step</b> -Carrie	<b>- Bootcamp</b> -Carrie	
8:30 - 9:30AM		<b>Power Up</b> -Tina	<b>-Spin</b> -Chandler  <b>Zumba</b> -Ana	<b>Bootcamp</b> -Tina	<b>Spin</b> -Chandler	<b>F.I.T</b> Ana	<b>Spin</b> -Chandler  <b>Saturday Sweat</b> Tabata-Allison 8/5 R.I.P.P.E.D. -Regina 8/12 Power Up- Carrie 8/19 Zumba-Ana- 8/26
9:30 - 10:30AM		<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Chandler	<b>Pilates</b> -Chandler	<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Heather		<b>Spin</b> -Beth  * Yoga Stretch -Chandler	<b>Yoga</b>  Chandler& Chie (8/26) only
5:30 - 6:30PM		<b>Zumba</b> -Ana	<b>Cardio Mashup</b> Regina 8/1 -R.I.P.P.E.D. Peggy 8/8 Kickboxing Carrie 8/15 Bootcamp Regina 8/22 R.I.P.P.E.D. Peggy 8/29 Kickboxing	<b>Power Up</b> -Peggy	<b>Explosive Fitness</b> -Danny		

