

# AUGUST FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:55a BodySHRED 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND 6:00p CIZE  <b>1</b>	9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p Zumba  <b>2</b>	5:55a BodySHRED 7:00a Vinyasa Yoga 8:30-10:00a Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live  <b>3</b>	7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p Total Body Sculpt  <b>4</b>	7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection  <b>5</b>	10:30a P90X  <b>6</b>
9:00a Fusion Fitness 5:00 <b>No Class</b> 6:30p ZUMBA  <b>7</b>	5:55a BodySHRED 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND 6:00p CIZE  <b>8</b>	9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p ZUMBA  <b>9</b>	5:55a BodySHRED 7:00a Vinyasa Yoga 8:30-10:00a Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live  <b>10</b>	7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p Total Body Sculpt  <b>11</b>	7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection  <b>12</b>	10:30a Insanity  <b>13</b>
9:00a Fusion Fitness 5:00 Punch & Power 6:30p ZUMBA  <b>14</b>	5:55a BodySHRED 7:00a Vinyasa Yoga 9:00 Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND 6:00P CIZE  <b>15</b>	9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p ZUMBA  <b>16</b>	5:55a BodySHRED 7:00a Vinyasa Yoga 8:30a-10 SpinFusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live  <b>17</b>	7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p Total Body Sculpt  <b>18</b>	7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection  <b>19</b>	9:30a PiYo Live 10:30a P90X  <b>20</b>

<p>9:00a Fusion Fitness 5:00 Punch &amp; Power 6:30p ZUMBA</p> <p style="text-align: center;"><b>21</b></p>	<p>5:55a BodySHRED 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND 6:00p CIZE</p> <p style="text-align: center;"><b>22</b></p>	<p>9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts &amp; Guts 7:00p Zumba</p> <p style="text-align: center;"><b>23</b></p>	<p>5:55a BodySHRED 7:00a Vinyasa Yoga 8:30a-10 Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p Pilates</p> <p style="text-align: center;"><b>24</b></p>	<p>7:00a Vinyasa Yoga 9:00a Fusion Fitness 5:00p <b>No Class</b></p> <p style="text-align: center;"><b>25</b></p>	<p>7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection</p> <p style="text-align: center;"><b>26</b></p>	<p>10:00a PiYo Live</p> <p style="text-align: center;"><b>27</b></p>
<p>9:00a Fusion Fitness 5:00 Punch &amp; Power 6:30p ZUMBA</p> <p style="text-align: center;"><b>28</b></p>	<p>5:55a BodySHRED 7:00a Vinyasa Yoga 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 5:00p POUND 6:00p CIZE</p> <p style="text-align: center;"><b>29</b></p>	<p>9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts &amp; Guts 7:00p Zumba</p> <p style="text-align: center;"><b>30</b></p>	<p>5:55a BodySHRED 7:00a Vinyasa Yoga 8:30a-10 Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live</p> <p style="text-align: center;"><b>31</b></p>			

Please note: **Stretching is only permitted in the aerobics room when classes are NOT in session. Please inform the instructor if it's your first class.**

**\*\*Indicates new class and/or time change**