

Instructor Changes 8/19-8/25

Monday 8:00am cycle = Matt
Monday 10am Mat Pilates 2= Nancy
Monday 6:00pm Mat Pilates 2= Nancy
Monday 6:00pm cycle = Tina

Tuesday 9:15am step & strength =Alix
Tuesday 6:00pm Mat Pilates 1.5= **Cancelled**
Tuesday 7:00pm Yoga 1+=Laurie D

Wednesday 6:00am Just strength=Arlene
Wednesday 6:00pm Cycle=Melissa
Wednesday 6:00pm PB&J=**Cancelled**
Wednesday 7:30pm Zumba = Beca

Thursday 12:00pm Mat Pilates 1.5= Nancy
Thursday 6:00pm Mat Pilates 1=Nancy
Thursday 6:30pm Yoga 2=Kip
Thursday 7:30pm Body Pump=Melissa

Friday 12:00pm Zumba Gold=Karen

Saturday 7:15am Body Pump= Tara
Saturday 8:30am Cycle= Tara
Saturday 9:00am Yoga 1=Noura
Saturday 9:30am Zumba=Angie
Saturday 10:30am 6Pack= Angie
Saturday 10:30am Yoga 2= Ellen
Saturday 10:30am Mat Pilates 1= **Cancelled**
Saturday 11am PB&J= **Cancelled**
Saturday 11am Zumba=Angie
Saturday 11:30am Cycle= Ashley
Saturday noon total body=Angie
Saturday noon YogaFlow1-2=Sandy G

Sunday 8am Cycle=Jenny
Sunday noon Tabata=Lauren
Sunday 12:30pm 6pack=Lauren