



GROUP EXERCISE
August 2009



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please check the schedule carefully - there have been some changes and cancellations					1 8:30am: ME-Tara 9:00am: Ab Blast -Tara
2	3 5:30am: Power Interval –Nick 9:30am: Power Yoga-Susie 10:30am: Ab Blast-Libby 11:00am: CardioSculpt Express-Libby 6:00pm: PowerPump-Libby 7:30pm: ME -Tara	4 5:30am: PowerPump-Emily 9:00am: ME-Holli 9:30am: Pilates/Core- Susie 4:30pm: CardioSculpt-Amber 5:30pm: Pilates - Vicki 6:30pm: ME-Tara 7:00pm: ZUMBA – Deede	5 5:30am: Power Interval-Nick 9:30am: Power Yoga-Susie 10:30am: Sculpt Express: Nick 5:30pm: Ab Blast-Kim 6:00pm: PowerPump-Kim 7:00pm: ME-Tara	6 5:30am: PowerPump-Emily 9:00am: ME-Tara 9:30am: Pilates/Core-Libby 10:30am: CardioSculpt-Amber 4:30pm: CardioSculpt-Amber 6:30pm: ZUMBA – Deede 7:30pm: ME-Nick	7 6:00am: ME -Tara 9:30am: Power Yoga-Susie 10:30am: Toddler – Joanna	8 8:30am: ME-Tara 9:00am: Ab Blast -Tara
9	10 5:30am: Power Interval –Nick 9:30am: Power Yoga-Susie 10:30am: Ab Blast-Amber 11:00am: CardioSculpt Express-Amber 6:00pm: PowerPump-Nick 7:30pm: ME –Nick	11 5:30am: PowerPump-Emily 9:00am: ME-Tara 9:30am: Pilates/Core-Kat 4:30pm: Yoga-Kat 5:30pm: Pilates - Vicki 6:30pm: ME-Jill 7:00pm: ZUMBA – Farrah	12 5:30am: Power Interval-Nick 9:30am: Power Yoga-Susie 10:30am: Sculpt Express: Faizah 5:30pm: Ab Blast-Kim 6:00pm: PowerPump-Kim 7:00pm: ME-Tara	13 5:30am: PowerPump-Emily 9:00am: ME-Tara 9:30am: Pilates/Core-Kat 10:30am: CardioSculpt-Amber 4:30pm: Yoga-Kat 6:30pm: ZUMBA–Farrah 7:30pm: ME-Nick	14 6:00am: ME -Tara 9:30am: Power Yoga-Susie 10:30am: Toddler – Joanna	15 8:30am: ME-Tara 9:00am: Ab Blast –Tara
16	17 5:30am: Power Interval –Nick 9:30am: Power Yoga-Kat 10:30am: Ab Blast-Libby 11:00am: CardioSculpt Express-Libby 6:00pm: PowerPump-Libby 7:30pm: ME –Tara	18 5:30am: PowerPump-Emily 9:00am: ME-Tara 9:30am: Pilates/Core-Kat 4:30pm: Yoga- Kat 5:30pm: Pilates - Vicki 6:30pm: ME-Tara 7:00pm: ZUMBA – Deede	19 5:30am: Power Interval-Nick 9:30am: Power Yoga-Kat 10:30am: Sculpt Express: Nick 5:30pm: Ab Blast-Kim 6:00pm: PowerPump-Kim 7:00pm: ME-Nick	20 5:30am: PowerPump-Emily 9:00am: ME-Tara 9:30am: Pilates/Core-Kat 10:30am: CardioSculpt-Amber 4:30pm: Yoga-Kat 6:30pm: ZUMBA – Deede 7:30pm: ME-Nick	21 6:00am: ME -Tara 9:30am: Power Yoga-Kat 10:30am: Toddler – Joanna	22 8:30am: ME-Tara 9:00am: Ab Blast -Tara
23	24 5:30am: Power Interval –Nick 9:30am: Power Yoga-Susie 10:30am: Ab Blast-Libby 11:00am: CardioSculpt Express-Libby 6:00pm: PowerPump-Nick 7:30pm: ME –Tara	25 5:30am: PowerPump-Emily 9:00am: ME-Tara 9:30am: Pilates/Core-Kat 4:30pm: Yoga-Kat 5:30pm: Pilates - Vicki 6:30pm: ME-Jill 7:00pm: ZUMBA – Deede	26 5:30am: Power Interval-Nick 9:30am: Power Yoga-Susie 10:30am: Sculpt Express: Faizah 5:30pm: Ab Blast-Kim 6:00pm: PowerPump-Kim 7:00pm: ME-Tara	27 5:30am: PowerPump-Emily 9:00am: ME-Tara 9:30am: Pilates/Core-Kat 10:30am: CardioSculpt-Amber 4:30pm: Yoga-Kat 6:30pm: ZUMBA – Deede 7:30pm: ME-Nick	28 6:00am: ME -Tara 9:30am: Power Yoga-Susie 10:30am: Toddler – Joanna	29 8:30am: ME-Tara 9:00am: Ab Blast -Tara
30	31 5:30am: Power Interval –Nick 9:30am: Power Yoga-Susie 10:30am: Ab Blast-Libby 11:00am: CardioSculpt Express-Libby 6:00pm: PowerPump-Libby 7:30pm: ME –Tara					