

August 2008



Mon	Tue	Wed	Thu	Fri	Sat
	<p>Join Shana on 8/14 and 8/28 for an early 5:30 am Cycle for 45mins and then 6:15 ABS in the Group X Room.</p> <p>Try our NEW Cycle/RUN with Lynette on 8/18 and 8/25.</p>			1	2
<p>CYCLE AND SILVER SNEAKERS SCHEDULE</p>				5:30 am Cycle– Carl 9:30 Cycle - Pam	9:30 Cycle– Shana
4	5	6	7	8	9
5:30 am Cycle– Cindy 9:30 am Cycle– Shana 5:30 Cycle- Lynette	9:15 Silver Sneakers I – Deborah 10:30 Silver Sneaker II – Deborah 6:00 Cycle – Cindy	11:30 Silver Sneakers Yoga Stretch - Donna 5:30 Cycle - Pam	9:15 Silver Sneakers I – Deborah 10:30 Silver Sneakers II – Deborah 6:00 Cycle - Carl	5:30 am Cycle– Carl 9:30 Cycle - Cindy	9:30 Cycle– Carl
11	12	13	14	15	16
5:30 am Cycle - Tanya 9:30 Cycle– Michael 5:30 Cycle - Shana	9:15 Silver Sneakers I – Deborah 10:30 Silver Sneaker II – Deborah 6:00 Cycle – Cindy	11:30 Silver Sneakers Yoga Stretch - Donna 5:30 Cycle - Shana	5:30 am Cycle– Shana 9:15 Silver Sneakers I – Deborah 10:30 Silver Sneakers II – Deborah 6:00 Cycle - Carl	5:30 am Cycle– Carl 9:30 Cycle - Pam	9:30 Cycle– Cindy
18	19	20	21	22	23
5:30 am Cycle - Tanya 9:30 Cycle– Shana 5:30-7pm Cycle/RUN - Lynette Running will be outdoors depending on weather OR Indoor Track Cycle for 1 hr/Run 30 mins	9:15 Silver Sneakers I – Deborah 10:30 Silver Sneaker II – Deborah 6:00 Cycle – Cindy	11:30 Silver Sneakers Yoga Stretch - Donna 5:30 Cycle - Shana	9:15 Silver Sneakers I – Deborah 10:30 Silver Sneakers II – Deborah 6:00 Cycle - Carl	5:30 am Cycle– Carl 9:30 Cycle - Cindy	9:30 Cycle– Carl
25	26	27	28	29	30
5:30 am Cycle - Tanya 9:30 Cycle–Michael 5:30-7pm Cycle/RUN - Lynette Running will be outdoors depending on weather OR Indoor Track Cycle for 1 hr/Run 30 mins	9:15 Silver Sneakers I – Deborah 10:30 Silver Sneaker II – Deborah 6:00 Cycle – Cindy	11:30 Silver Sneakers Yoga Stretch - Donna 5:30 Cycle - Lynette	5:30 am Cycle– Shana 9:15 Silver Sneakers I – Deborah 10:30 Silver Sneakers II – Deborah 6:00 Cycle - Carl	5:30 am Cycle– Carl 9:30 Cycle - Cindy	9:30 Cycle– Shana

Classes highlighted in **BOLD** are beginner friendly. If you are trying any class for the first time, please let the instructor know.