

September 2011
Ladies' Fitness Center 545-0099

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Childwatch Hours:</p> <p>M 8:30-10:30am T 8:30-9:30am 6-8pm W 8:30-10:30am Th 8:30-9:30am Fri 9-10:30am Sat</p>				1	2	3
				8:30 AM Cycle Audrey 5:15 PM Cycle Express Carol 6:00 PM Sculpt Carol	9:15 AM CardioCore Audrey	8:30 AM Cycle Express Audrey 9:15 AM Sculpt Audrey 10:30 AM Yoga Liz
4	5	6	7	8	9	10
no classes	8:30 AM Cycle Express Carol 9:15 AM Total Body Cond Carol Happy Labor Day No Yoga	6:00 AM Sculpt Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Cycle Audrey	8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step Audrey 7:00 PM Pilates Audrey	8:30 AM Cycle Audrey 5:15 PM CardioLite Lynne 6:00 PM Sculpt Lynne	9:15 AM CardioCore Audrey 5:00 PM Cycle Audrey	9:15 AM Sculpt Lynne 10:30 AM Yoga Liz
11	12	13	14	15	16	17
4:00 PM Cycle Audrey 5:00 PM Pilates Audrey	8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM CardioJam Lisa 7:00 PM Yoga Liz	6:00 AM Cycle Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Zumba Cindy	8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step Lynne no pilates	5:15 PM Cycle Express Lisa 6:00 PM Sculpt Lisa	9:15 AM CardioCore Lisa	9:15 AM Sculpt Allison 10:30 AM Yoga Liz
18	19	20	21	22	23	24
4:00 PM Cycle Jodie no pilates	8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Boot Camp Lisa 7:00 PM Yoga Liz	6:00 AM Sculpt Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Cycle Audrey	8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step Audrey 7:00 PM Pilates Audrey	5:15 PM Cycle Express Lisa 6:00 PM Sculpt Lisa	9:15 AM CardioCore Audrey 5:00 PM Cycle Audrey	8:30 AM Cycle Express Carol 9:15 AM Sculpt Carol no yoga
25	26	27	28	29	30	
4:00 PM Cycle Audrey 5:00 PM Pilates Audrey	8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Kickbox Carol 7:00 PM Yoga Liz	6:00 AM Cycle Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Zumba Cindy	8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step Audrey 7:00 PM Pilates Audrey	5:15 PM CardioLite Lynne 6:00 PM Sculpt Carol	9:15 AM CardioCore Audrey 5:00 PM Cycle Audrey	

Cycle: \$5/member \$10/nonmember
 Cycle Express: \$3/member \$5/nonmember