

	MON	TUE	WED	THU	FRI	SAT
<b>7:00</b>	YOGA <i>Russ</i>	PILATES MAT <i>Russ</i>	YOGA <i>Russ</i>	PILATES MAT <i>Russ</i>	YOGA <i>Russ</i>	YOGA <i>Russ</i>
<b>8:00</b>	BOOT CAMP <i>Russ</i>	BODY SCULPTING <i>Russ</i>	MEDITATION <i>Russ</i>	BODY SCULPTING <i>Russ</i>	BOOT CAMP <i>Russ</i>	BODY SCULPTING <i>Russ</i>
<b>9:00</b>	YOGATES <i>Russ</i>	HOT YOGA <i>Russ</i>	BOOT CAMP <i>Russ</i>	HOT YOGA <i>Russ</i>	YOGATES <i>Russ</i>	HOT YOGA <i>Russ</i>
<b>9:00 (cont)</b>						YOGATES <i>Kim</i>
<b>10:00</b>	10:30 ZUMBA Toning <i>Russ</i>		HOT YOGA <i>Diane</i>		10:30 ZUMBA Toning <i>Russ</i>	ZUMBA! <i>Kim</i>
<b>11:00</b>		10:30 YIN YOGA (90 min) <i>Russ</i>		10:30 YIN YOGA (90 min) <i>Russ</i>		
<b>4:15</b>	YOGATES <i>Russ</i>	BOOT CAMP <i>Dianne</i>	YOGATES <i>Russ</i>		YOGATES <i>Russ</i>	<b>SUNDAY</b> 9:30-10:45am Bilingual KUNDALINI YOGA <i>Araceli</i>
<b>5:30</b>	CARDIO Kickboxing <i>Russ</i>	BODY SCULPTING <i>Russ</i>	ZUMBA Toning <i>Russ</i>	BODY SCULPTING <i>Kim</i>	CARDIO Kickboxing <i>Russ</i>	<b>New Class</b> 11:00
<b>6:30</b>	HOT YOGA <i>Russ</i>	ZUMBA! <i>Nicole</i>	HOT YOGA <i>Val/Dianne</i>	ZUMBA! <i>Kim</i>	HOT YOGA <i>Russ</i>	No lfs, Abs or Butts <i>Alan</i>
<b>6:30 (cont)</b>	TUMBLE FIT (Ages 5+) <i>Amy</i>				ZUMBA! <i>Nicole</i>	<b>Starts Sept 12th!</b> 12:15
<b>6:30 (cont)</b>	Beginning YOGA <i>Kim</i>		All Levels YOGA (70 min) <i>Kim</i>			ZUMBA Xperiment <i>Multi-Instructor</i>
<b>7:30</b>	ZUMBA! (75 min.) <i>Kim</i>	Bilingual KUNDALINI YOGA <i>Araceli</i>	YIN YOGA (75 min) <i>Russ</i>	No lfs, Abs or Butts <i>Alan</i>		

Effective August 18, 2010

Classes in **PINK** are NEW!

Classes and Instructors subject to change without notice.