

AUGUST GROUP FITNESS COURT SOUTH



CLASS DESCRIPTIONS

BA-BodyAttack	BP-BodyPump	GCC-Gentle Cardio Conditioning	Spin-Cycling	WTH-Water Therapy
BC-BodyCombat	FS-Freestyle Step	Jam- BodyJam	Y-Yoga	Y-Yoga
BS-BodyStep	Flow- BodyFlow	P- Pilates Mat	W-Water Aerobics	ZU-Zumba
				AZ-Aquatic Zumba

Welcome ZUMBA to all clubs! Check out the times!!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
WEST		8:30 BA Mary 9:30 BP* Holly 10:30 Spin* Lee Ann 10:30 W Laura H 12:00 BP* Laura F 5:15 BS Sharon 6:00 Spin* Rhonnda 6:00 W Pearl 6:15 Jam Myrna 7:15 Flow Mary 8:15 BP* Jillian	6:00 Spin* Bill 9:30 FS Caroline 10:30 WTH Amber 10:30 ZU Melissa G 5:00 BA Hester 5:30 RPM Elizabeth 6:00 BP* Lisa 7:15 Y# Tee	8:30 BA Allyson 9:30 BP* Geena 10:30 Spin* Eleanore 10:30 W Kim P 12:00 BP Sidney 5:15 BS Mary 6:15 BC Melissa 6:00 Spin* Terra 7:15 BA Clarissa 8:15 BP* April	6:00 Spin* Joe 9:30 BS Laura 10:30 WTH Laura H 10:30 RPM Diane 5:00 Y OJ 5:30 Spin* Eric 6:00 BP* Terra 7:00 ZU Melissa G	8:30 BC Lisa 9:30 BP* Lisa 10:30 AZ Kim P 10:30 Spin* Ashlee 10:30 P Rachel D 12:00 BP Shari 4:30 BA Allyson 5:30 Spin* T 5:30 BC Elizabeth	8:00 BP* Mary 9:00 Spin* Marylu 9:00 BS Terra 10:15 BP* Terra 11:30 Y OJ		
	WEST CLUB 470-3600 # Allows Non-Prime Access * Requires sign-in 15 minutes before class								
	NORTH		5:30 Spin* Ashlee 9:30 Spin* Hester 10:30 BP* Hester 5:00 BP* Stephanie H 6:00 BS Lauren 6:00 Spin* Tee 7:00 Y# Tee	5:30 BP* JoAnn 9:30 TS Holly 10:15 ABS Holly 5:00 BC Shari 6:00 BP* Amanda 7:00 BA# Myrna	5:30 BS JoAnn 9:30 RPM Diane 5:00 BP* Allyson 6:00 Jam Myrna 6:00 Spin* Tee	5:30 BP* Stephanie D 9:15 BA Andrea 5:00 Flow Hester 6:00 BP* Tee 6:00 RPM Suze	5:30 Spin* Debby 9:30 BP Sarah L 6:00 ZU# Tee	8:00 Spin* Debby 9:00 BP* Allyson 10:00 BC Allyson	
		NORTH CLUB 688-3600 SOUTH CLUB 579-3600 North & South Club Hours: M - F 5am - 11pm, Sat & Sun 7am - 7pm							
		SOUTH	3:00 BC Leslie 3:00 W Jack (OUTSIDE POOL) 4:00 BP* Amanda	6:00 Spin* Bill 9:30 BS Laura F 9:30 W Amber 10:30 Y# OJ 4:30 BC Allyson 6:00 BP* Reece 6:00 W Kim G. 7:00 BA April	6:00 BP* Missie 9:30 BP* Susan B 10:30 RPM Laura 4:30 BP Sarah L 6:00 Jam Reece 7:00 Flow Reece	6:00 Spin* Hester 9:30 BC Lisa 9:30 GCC Rachel D 9:30 W Jack 10:30 Y OJ 5:00 FS Caroline 6:00 BP Damaris 7:00 ZU Melissa G	6:00 BP* Reece 9:30 BP* Mary 4:30 BA Mary 5:30 BC Shari	6:00 Spin* Jeff 9:30 BA Holly 9:30 GCC Avalyn 10:30 Y OJ 4:30 BP Sharon 5:30 Jam Jenny	8:30 RPM Elizabeth 8:30 BA Reece 9:30 BP* Damaris 10:30 Flow Reece

