

	MON	TUES	WED	THUR	FRI
5:00 AM	POWER <i>hour</i> Kim - 55 min	 BUTTS & GUTS Julie - 45 min	POWER <i>hour</i> Kim - 55 min	BARRE above™ Julie - 45 min	HIIT POWER Jacy - 45 min
6:00 AM	HIIT POWER Dena - 45 min	 CYCLE STRENGTH Mayson - 45 min	CARDIO + LESMILLS PILATES Dena - 45 min	 CYCLE Julie - 40 min	LIFT Amy - 45 min
8:30 AM	Strength BUILD Sadie - 45 min	Sculpt Julie - 45 min	Strength REINFORCE Sadie - 45 min	 CYCLE CORE Ashlie - 45 min	BARRE above™ Julie - 45 min
10:00 AM	ageless WARRIORS for ages 50+ Alli - 45 min	SELF-LED STRENGTH Purple & White Circuit Machines	ageless WARRIORS for ages 50+ Hannah - 45 min	circuit STATIONS 10:15-11:00 AM Lucy - 45 min	ageless WARRIORS for ages 50+ Julie - 45 min
4:30 PM	CARDIO + LESMILLS PILATES Dena - 45 min	TOTAL BODY STRENGTH Mayson - 45 min	Sculpt Addie - 45 min	TOTAL BODY CONDITIONING Lucy - 45 min	
5:30 PM	 Yoga Brittany - 45 min STRENGTH Hannah - 45 min	LES MILLS PILATES Kelsey - 45 min	 Yoga Brittany - 45 min LES MILLS 45 BODYSTEP Bobbi - 45 min	LES MILLS BODYPUMP Lucy - 60 min	Reserved for girls' Night Out! See front desk to schedule.
		College Night Sculpt - with Addie September 15th 7:00pm FREE EVENT			

SATURDAY LINEUP - 8:30 AM:

September 5 Labor Day weekend - No Class
 September 12 LIFT - Amy
 September 19 Pilates - Kelsey
 September 26 BodyStep - Bobbi

ONE MONTH FROM TODAY, YOU'LL
WISH YOU HAD STARTED TODAY!