

## SUMMER 2 SCHEDULE Effective July 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 AM</b>	*RPM Sharonda/RPM Room	BODY PUMP TBA/Gym	*RPM Sharonda/RPM Room	BODY PUMP TBA/Gym	*RPM Ron/RPM Room	
<b>8:00 AM</b>						<b>Pump Smart</b> (1st Sat of each month only) Jamie/Gym
<b>8:30 AM</b>	BODY PUMP Brenda/Gym	**PILATES EXTRA Lisa/S1	**ZUMBA Kim/S1	**PILATES BASIC Lisa/S1	BODY STEP Terian/Amy/Gym	<b>Body Pump</b> Jamie/Gym
	*RPM Leslie/RPM Room		BODY PUMP Tanja/Gym		JUST WEIGHTS Brenda/S1	
			*RPM Julie/RPM Room			
<b>8:45 AM</b>						*BEGIN TO RPM (no class the 1st Sat of each month) Tina/RPM Room
<b>9:00 AM</b>	**ZUMBA Melissa/S1					
<b>9:30 AM</b>	BODY COMBAT Tanja/Gym	BODY STEP Terian/Gym	STEP INTERVAL Terian/S1	**ZUMBA Melissa/S1	**ZUMBA Amy/S1	**ZUMBA Jamie/Gym
		**ZUMBA Amy/S1		BODY COMBAT Tanja/Gym	BODY PUMP Brenda/Gym	*RPM Tina/RPM Room
		*RPM Brenda/RPM Room			*RPM Leslie/RPM Room	*1 HOUR RPM (1st Sat of each month only) Alternate/RPM Room
<b>9:35 AM</b>			SilverSneakers® YogaStretch Laura/Gym			
<b>10:05 AM</b>	**PILATES BASIC Lisa/S1					
<b>10:35 AM</b>	BODY PUMP Terian/Gym		BODY COMBAT Laura/Gym			BODY COMBAT Jessica/Gym
<b>10:45 AM</b>		YOGA Nikkole/S1		YOGA Nikkole/S1	SilverSneakers® Cardio Circuit Lauren/Gym	
		SilverSneakers® Muscular Strength Lauren/Gym		SilverSneakers® Muscular Strength Laura/Gym		
<b>11:55 AM</b>			BODY PUMP Amy/Gym			
<b>NOON</b>		*RPM Amy/RPM Room		*RPM Jessica/RPM Room		
<b>2:00 PM</b>	SilverSneakers® YogaStretch Lauren/Gym					
<b>4:30 PM</b>	*RPM Brenda/RPM Room	BODY COMBAT Jamie/Gym	*RPM Jessica/RPM Room			
<b>5:15 PM</b>	AB LAB Terian/S1		AB LAB Terian/S1			
<b>5:30 PM</b>	BODY COMBAT Jessica V./Gym	BODY PUMP Jennifer/Gym	BODY STEP Amber/Gym	BODY PUMP Terian/Gym		
	POWER YOGA Jessica A./S1		POWER YOGA Jessica A./S1			
	*RPM Julie/RPM Room		*RPM Jennifer/RPM Room			
<b>6:00 PM</b>		*BEGIN TO RPM Tina/RPM Room				
<b>6:30 PM</b>	BODY STEP Elise/Amy/S1	*RPM Tina/RPM Room	BODY COMBAT Michelle/Gym	*RPM Lara/RPM Room		
<b>6:45 PM</b>	BODY PUMP Jessica V./Gym	**ZUMBA Kim/Gym		**ZUMBA Jamie/Gym		

\* All RPM classes require a pass to reserve a bike. Passes are available at the front desk on a first come first serve basis.

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Members waiting for Zumba classes must wait in line in accordance to the ticket number they received at the front desk.