

# august



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1130: SH1FT 1715: WERQ like a BOSS	2 1130: Cycle (30 min)	3 0930: Xtreme Hip Hop (Intermediate) 1115: AquaFit Fusion
4 NO CLASSES	5 0800: Power Pump 1045: Mommy & Me 1130: Cycle (30 min) 1715: Xtreme Hip Hop (Beginner)	6 1130: Boot Camp 1715: Amped Up	7 1045: Mommy & Me 1130: Cycle 1715: Cycle	8 1130: SH1FT 1715: WERQ like a BOSS 1800: Paddle Board Yoga*	9 1130: Cycle (30 min)	10 0930: Xtreme Hip Hop (Intermediate) 1115: AquaFit Fusion
11 NO CLASSES	12 0800: Power Pump 1045: Mommy & Me 1130: Cycle (30 min) 1715: Xtreme Hip Hop (Beginner)	13 1130: Boot Camp 1715: Amped Up	14 1045: Mommy & Me 1130: Cycle 1715: Cycle	15 1130: SH1FT 1715: WERQ like a BOSS 1800: Yoga	16 1130: Cycle (30 min)	17 0930: Xtreme Hip Hop (Intermediate) 1115: AquaFit Fusion
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25 NO CLASSES	26 0800: Power Pump 1130: Cycle (30 min) 1715: Xtreme Hip Hop (Beginner)	27 1130: Boot Camp 1715: Amped Up	28 1045: Mommy & Me 1130: Cycle 1715: Cycle	29 1130: SH1FT 1715: WERQ like a BOSS 1800: Yoga	30 NO CLASSES	31 NO CLASSES

**Yoga**-Yoga combines physical exercises, mental meditation and breathing techniques to strengthen the muscles and relieve stress.

**Cycle** - A cycling class that is a high intensity workout. This is non weight bearing and great for everyone!

**Core Fusion**- Improve functional strength for daily activities while you tighten and tone your core.

**Amped up**- A total body challenge that is designed to target strength and muscular endurance

**WERQ**- a wildly addictive cardio dance class based on the hottest pop and hip hop music.

**Xtreme Hip Hop**- Extreme dance cardio set to hip hop music that will include step training and weights

**Mommy & Me**- A workout designed to incorporate your child.

**AquaFit Fusion**- A dynamic water aerobics class designed to tone muscles, improve cardiovascular health, and boost overall fitness.

**Boot Camp**- An interval training class that mixes calisthenics and body weight exercises with cardio and strength at the same time.

**Key**  
\* - Outdoor Pool  
Fitness Center Events

