August 2019 Fitness Class Schedule

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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karen 6PM** | 2  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **PiYo 6AM**  Pain Aerobics 7:00 PM | 3  **Pain Aerobics 8:00 AM**  **Zumba with Suzanne 8:45AM** |
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| 5  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM | 6  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **PiYo 5PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM**  Pain Aerobics 7:00 PM | 7  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM | 8  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karen 6PM**  Pain Aerobics 7:00 PM | 9  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **PiYo 6AM**  Pain Aerobics 7:00 PM | 10  **Pain Aerobics 8:00 AM**  **Zumba with Suzanne 8:45AM** |
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| 12  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  Pain Aerobics 7:00 PM | 13  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **PiYo 5PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 14  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6PM** | 15  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karen 6PM** | 16  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **PiYo 6AM** | 17  **Pain Aerobics 8:00 AM**  **Zumba with Suzanne 8:45AM** |
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| 19  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM** | 20  **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **PiYo 5PM**  **Live Fit 6PM** | 21  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6PM** | 22  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karen 6PM** | 23  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **PiYo 6AM** | 24  **Pain Aerobics 8:00 AM**  **Zumba with Suzanne 8:45AM** |
|  | **Zumba with Suzanne 6PM** |  |  |  |  |
| 26  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM** | 27**Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Upper Body Blast w/ Derek 12PM**  **PiYo 5PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 28  **Pain Aerobics 5:20 AM\***  **Spinning with Brett 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 6PM** | 29  **Pain Aerobics 5:20 AM\***  **Lower Body Blast with Derek 12PM**  **Spinning with Karen 6PM** | 30  **Pain Aerobics 5:20 AM\***  **Spinning with 5:30AM**  **PiYo 6AM** | 31  **Pain Aerobics 8:00 AM**  **Zumba with Suzanne 8:45AM** |
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