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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