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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **31*** **Spinning with Kay 5:30AM**

**Zumba 6pm** | **1*** **Silver Sneakers 10 AM**
* **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **2*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **3*** **10 am SilverSneakers Muscle & Move**
* **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **4*** **Spinning 5:30AM**
 | **5*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **7*** **Spinning with Kay 5:30AM**

**Zumba 6pm** | **8*** **Silver Sneakers 10 AM**
* **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **9*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **10*** **10 am SilverSneakers Muscle & Move**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **11*** **Spinning 5:30AM**
 | **12*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **14*** **Spinning with Kay 5:30AM**
* **Zumba 6pm**
 | **15*** **Silver Sneakers 10 AM**
* **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **16*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **17*** **10 am SilverSneakers Muscle & Move**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **18*** **Spinning 5:30AM**
 | **19*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **21*** **Spinning with Kay 5:30AM**
* **Zumba 6pm**
 | **22*** **Silver Sneakers 10 AM**
* **Lunch Bunch 11-1pm**
* **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **23*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **24*** **10 am SilverSneakers Muscle & Move**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **25*** **Spinning 5:30AM**
 | **26*** **Zumba 8:30 AM**
 |
|  |  |  |  |  |  |
| **28*** **Spinning with Kay 5:30AM**
* **Zumba 6pm**
 | **29*** **Silver Sneakers 10 AM**
* **Lunch Bunch 11-1pm**
* **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **30*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
* **6:00 PM Kickboxing w/ Kayla**
 | **1*** **10 am SilverSneakers Muscle & Move**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **2*** **Spinning 5:30AM**
 | **3*** **Zumba 8:30 AM**
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