

August 2008

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
5:30 AM	Body Sculpt w/ Ron	Cardio Power Strength w/ Alicia	Body Sculpt w/ Ron	Cardio Power Strength w/ Alicia	Body Sculpt w/Ron
9:00 AM	SUSPENDED until 1st week of September Body Sculpt w/ Alicia	Pilates w/ Trish	Yoga w/ Madeline	Pilates w/ Trish	Yoga w/ Eireanne
5:45 PM				Abs with Ron - basically same moves as the old class-give it a try	
6:00 PM			Yoga w/ Ellie		
6:30 PM	Yoga w/ Elijah			Belly Dancing w/ Allison	
6:45 PM		Yoga w/ Madeline			

New this month:

Just added: Friday 9:00 AM Yoga w/ Eireanne

Body Sculpt with Ron Fridays 5:30 AM.

Yoga on Wednesday nights. Ellie Morris moved from AM to PM.

Yoga is back on W 9:00 AM only.

Abs on Thursdays will continue with Ron.

Machine oreintation workshops are now offered. There is a sign up list at the front desk.

*Watch for additional abs classes offered. We intend to have classes for beginners in addition to challenge level.