

<p>9:00a Fusion Fitness 5:00 Punch & Power 6:30p ZUMBA</p> <p style="text-align: right;">16</p>	<p>5:55a BodySHRED 7:00a No Class 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 6:00p Zumba/Zumba Toning** 7:00p Yoga**</p> <p style="text-align: right;">17</p>	<p>9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p Zumba</p> <p style="text-align: right;">18</p>	<p>5:55a BodySHRED 7:00a Yoga** 8:30a-10 Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live 6:00p Zumba/Zumba Toning** 7:00P Yoga**</p> <p style="text-align: right;">19</p>	<p>7:00a Yoga** 9:00a Fusion Fitness 5:00p Total Body Sculpt</p> <p style="text-align: right;">20</p>	<p>7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection</p> <p style="text-align: right;">21</p>	<p>10:30a Insanity</p> <p style="text-align: right;">22</p>
<p>9:00a Fusion Fitness 5:00 Punch & Power 6:30p ZUMBA</p> <p style="text-align: right;">23</p>	<p>5:55a BodySHRED 7:00a No Class 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 6:00p Zumba/Zumba Toning** 7:00p Yoga**</p> <p style="text-align: right;">24</p>	<p>9:00a Fusion Fitness 5:00p Cardio Fusion 6:00p Intermediate Step 6:30p Butts & Guts 7:00p Zumba</p> <p style="text-align: right;">25</p>	<p>5:55a BodySHRED 7:00a Yoga** 8:30a-10 Spin Fusion 10:00a Pilates 4:00p Zumba 5:00p PiYo Live 6:00p Zumba/Zumba Toning** 7:00p Yoga**</p> <p style="text-align: right;">26</p>	<p>7:00a Yoga** 9:00a Fusion Fitness 5:00p Total Body Sculpt</p> <p style="text-align: right;">27</p>	<p>7:15a Vinyasa Yoga 9:00a Cardio Boot Camp 10:00a Core Connection</p> <p style="text-align: right;">28</p>	<p>9:00a PiYo Live 10:30a P90X</p> <p style="text-align: right;">29</p>
<p>9:00a Fusion Fitness 5:00 Punch & Power 6:30p ZUMBA</p> <p style="text-align: right;">30</p>	<p>5:55a BodySHRED 7:00a No Class 9:00a Fusion Fitness 10:00a Pilates 4:00p Zumba 6:00p No Class 7:00p Yoga**</p> <p style="text-align: right;">31</p>					

Please note: **Stretching is only permitted in the aerobics room when classes are NOT in session. Please inform the instructor if it's your first class.**

****Indicates new class and/or time change and/or temporary class change.**

