<table>
<thead>
<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 31   | Step Aerobics: Kim  
9:15am  
Spin: Kelly  
6:15pm  
ZUMBA: Katie  
7:15pm | Cycle & Strength Kim  
9:00am  
Silver Sneakers  
10:00am  
Body sculpt: Jamie  
6:00pm  
HIIT w/Katie  
7:15pm | Silver Sneakers/Cardio Circuit  
10:45am  
TRIPLE THREAT w/Kelly  
cardio * strength * core  
6:00 PM | Kettlebells w/Kim  
9:00am  
Silver Sneakers  
10:00am - 11:00am  
TRIPLE THREAT w/Kelly  
cardio * strength * core  
6:00 PM | Silver Sneakers/Cardio Circuit  
9:00am  
Silver Sneakers  
10:00am - 11:00am  
CYCLE & ABS w/Jacque  
6:00PM  
CARDIO PARTY w/Katie  
7:15pm | Boot Camp: Jamie  
7:30am  
YOGA inCoreporated  
w/Jamie  
8:15am  
ZUMBA Toning: Georgann  
9:30am |
| 6    | Step Aerobics: Kim  
9:15am  
Spin: Katie  
6:15pm  
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7:30am  
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8:15am  
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| 13   | Step Aerobics: Jamie  
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6:15pm  
ZUMBA: Katie  
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9:30am |
| 20   | Step Aerobics: Jamie  
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