

AUGUST GROUP EXERCISE SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday |
|-----------|---|---------------------------------|---|---------------------------------|
| 8:00 a.m. | Water Aerobics (Mary) | | | Water Aerobics (Mary) |
| 8:45 a.m. | | | | |
| 3:15 p.m. | Spin/TRX Combo (Loralee) *limit 5 | | Spin/TRX Combo (Loralee) *limit 5 | |
| 4:00 p.m. | Spin/TRX Combo (Loralee) *limit 5 | | Spin/TRX Combo (Loralee) *limit 5 | |
| 4:30 p.m. | | | | |
| 4:45 p.m. | TRX Class (Loralee) *limit 5 | | TRX Class (Loralee) *limit 5 | |
| 5:00 p.m. | | | | |
| 5:30 p.m. | Water Aerobics (Charlotte) | Dance Tone (Brittany) | | |
| 6:00 p.m. | Kickboxing (Allen) | | | |

\$1.00 for members

\$5.00 for non-members