



Check Out These Special Group Fitness Classes During June Member Appreciation Month!

MONDAY, JUNE 2

5:30pm Spin "No Fear" with Katie
(Sign-up Required)

TUESDAY, JUNE 3

6:00am Yoga "Flashback" with JT
Music from the 60's, 70's & 80's

WEDNESDAY, JUNE 4

9:15am Step Fushion "Quad Bench" with Andrea

THURSDAY, JUNE 5

5:45pm Spin "Classic Rock" with Cheryl M.
(Sign-up Required)

SATURDAY, JUNE 7

9:00am Spin "50 Years of Music" with Katie
(Sign-up Required)

MONDAY, JUNE 9

9:15am Extreme Pump & Jump with Andrea
"Partner Interval Training"

TUESDAY, JUNE 10

6:00am Yoga Gods & Goddesses with JT
"Stories Behind Your Favorite Poses"

9:30am DanceFit "Through the Years" with Lori

WEDNESDAY, JUNE 11

10:15am "Yoga Groove" with Andrea

THURSDAY, JUNE 12

6:00pm DanceFit "Dance Club Party" with Lauren

FRIDAY, JUNE 13

6:00am Barre Challenge with Katie & Lori
"Meet me at the Barre"

10:30am Yoga "A Trip to Spain" with Marty

SATURDAY, JUNE 14

9:00am Spin "Riders Request" with Katie
(Sign-up Required)

MONDAY, JUNE 16

6:00am Spin "Riders Request" with Shelley
(Sign-up Required)

9:15am Dancefit "One Hit Wonder" with Lori

1:00pm H2O Fitness with Joan
"Celtic Brew Ha Ha"

TUESDAY, JUNE 17

6:00pm TBC with Jamie
"Luck of the Draw Workout"

WEDNESDAY, JUNE 18

9:15am Step Fusion "Disco Baby!" with Lori

THURSDAY, JUNE 19

10:30am "Yoga Rocks" with Kathy

7:00pm Mat Plus with Jamie
"Beach Blanket Body"

FRIDAY, JUNE 20

10:30am Yoga "World Beats" with Marty

SATURDAY, JUNE 21

9:00am Spin with Katie (Sign-up Required)
"Summer Favorites Playlist"

10:15 Mat Plus "Have a Ball" with Katie

MONDAY, JUNE 23

5:30pm Spin "Women of Rock" with Cheryl M.
(Sign-up Required)

TUESDAY, JUNE 24

6:30pm H2O Fitness with Joyce
"TV Theme Songs"

THURSDAY, JUNE 26

9:15am TBC with Lori "Mix-up Madess"

7:00pm Yoga Gods & Goddesses with JT
"Stories Behind Your Favorite Poses"

MONDAY, JUNE 30

5:30pm "Yoga Rocks" with Kathy

