



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am: Kickboxing w/Char 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> 5-6pm: 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p><b>2. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: Spin w/Sham 3p-5p: Youth Open Gym 5:15pm: 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>3. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm:</p>	<p><b>4. Fitness Room Hrs:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p><b>7. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>8. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am 12pm: Strength w/Frank 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> 5-6pm: 6pm: Spinning w/Sham 7pm:</p>	<p><b>9. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 5:15pm: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>10. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: Kickboxing w/Char 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> 5-6pm: Strength w/Frank 6pm: Spinning w/Sham 7pm:</p>	<p><b>11. Fitness Room Hrs:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p><b>14. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>15. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am: Kickboxing w/Char 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> 5:15-6pm: Weights w/Jess 6pm: Spinning w/Sham 7pm:</p>	<p><b>16. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 5:15pm: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>17. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: Kickboxing w/Char 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN –TBA</b> 5-6pm: 6pm: Spinning w/Sham-TBA 7pm:</p>	<p><b>18. Fitness Room Hrs:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM-TBA 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm:</p>
<p><b>21. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>22. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> 5:15-6pm: Weights w/Jess 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p><b>23. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 5:15pm: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>24. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: Kickboxing w/Char 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> <b>SPARK NIGHT</b> <b>HPDP CLOSED</b></p>	<p><b>25. Fitness Room Hrs:</b> 530a-9a/10:00am-3pm 5-7pm-Fridays <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 3-5pm: Youth Open Gym 5:15pm: Insanity 6pm: Strength w/Frank</p>
<p><b>28. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: TRX w/Elena 3-5pm: Youth Open Gym 5:15p: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>29. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:45am: Kickboxing w/Char 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> 5:15-6pm: Weights w/Jess 6pm: Spinning w/Sham 7pm: Zumba w/Amy</p>	<p><b>30. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8pm <b>Exercise Room:</b> 5:35am: SPIN w/SHAM 12pm: BOSU w/Kim 3p-5p: Youth Open Gym 5:15pm: Kickboxing w/Sham 6p: Yoga w/Jeanette 7P: Spinning w/Sam</p>	<p><b>31. Fitness Room Hrs:</b> 530a-9a/10am-3p/5-8P <b>Exercise Room:</b> 5:45am: Kickboxing w/Char 12pm: Country Heat 3p-5p: Youth Open Gym <b>4pm-5p: Youth SPIN</b> <b>SPARK NIGHT</b> <b>HPDP CLOSED</b></p>	