

Temporary Large Classroom Closure

Between August 15th - September 2nd, land aerobics classes in the small & large classroom have been temporarily canceled or moved to the Small Classroom. Please see the temporary class schedule below for available group fitness classes.

GROUP FITNESS SCHEDULE

SMALL CLASSROOM ONLY -- August 18th- September 2nd

	8am		920am-1020am		10:30am		5:00pm		6:00pm		7:00pm	
Monday	Zumba		Cycle & Tone		Yoga		Boot Camp		POP Pilates		Barre	
	Michelle		Barb		Carolyn		Tara		Brittney		Tonja	
	5:45 am	8am		9am		10am	11am	12pm	5:00pm	6:00pm	7:00pm	
Tuesday	Sports Cycle	Muscle		Zumba		Yoga	Pilates	Get Fit	Muscle	Zumba	Barre	
	Shannon	Maysa		Maysa		Becki	Becki	Angela	Michelle	Sue	Tonja	
	7am	9:05-10:25am		10:30am		5:30pm	6:30pm	7:30pm				
Wednesday	Cycle	Cycle & Tone		Yoga		Cycle	Zumba	Gentle Yoga				
	Jacque	Shannon		Carolyn		Sarah	Maysa	Rolf				
	5:45 am	7 am	8am		9am	10am	11am	12pm	5:30pm	6:30pm		
Thursday	Sports Cycle	Barre	Muscle		Yoga	Zumba	Pilates	Get Fit	Muscle	BollyX		
	Shannon	Tonja	Barb		Barb	Becki	Becki	Angela	Michelle	Linda		
	8am		9:05-10am		10:30am		4:30pm		5:30pm			
Friday	Zumba		Strong		Yin Yoga		Yoga		BollyX			
	Maysa		Angela		Carolyn		Maysa		Merissa			
	7am	8am		9am	10am	11am						
Saturday	Cycle	Barre		Zumba	Muscle	POP Pilates						
	Shannon	Tonja		Sue	Tara	Brittney						
	10:00am		11:15am									
Sunday	Yoga	BollyX										
	Elizabeth	Masuda/Linda										
Call the Customer Service Desk for more information: 385-468-1700												

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August 18th- September 1st Drop In Day Care Schedule

						8/18/2019
						Sunday
						Drop-In Day Care Closed
8/19/2019	8/20/2019	8/21/2019	8/22/2019	8/23/2019	8/24/2019	8/25/2019
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45am-11:45am	7:45am-1:15pm	7:45am-11:45am	7:45am-1:15pm	7:45am-11:45am	8:15am-12:15pm	Drop-In Day Care Closed
5:30pm-8:00pm	5:30pm-8:00pm	5:30pm-8:00pm	5:30pm-8:00pm	5:30pm-8:00pm		
8/26/2019	8/27/2019	8/28/2019	8/29/2019	8/30/2019	8/31/2019	9/1/2019
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45am-11:45am	7:45am-1:15pm	7:45am-11:45am	7:45am-1:15pm	7:45am-11:45am	8:15am-12:15pm	Drop-In Day Care Closed
5:30pm-8:00pm	5:30pm-8:00pm	5:30pm-8:00pm	5:30pm-8:00pm	5:30pm-8:00pm		