

AUGUST

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00am - Spin Damaris 9:00am - HIIT Core & More Kathy 10:00am - Yoga Jonathan	2 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 9:30am - HIIT The Step Kelly 9:30am - Fit & Spin Jen 5:00pm - Yoga Elli 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Kathy	3 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Spin & Barre Lori 9:30am - Vinyasa Yoga Carol (45min) 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Elise 6:00pm - Bike & Abs Mike L	4 6:00am - Bootcamp Mike 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Mike 9:30am - Fit & Spin Jen 5:00pm - Yoga Elli 6:00pm - HIIT TRX & Core Kelly	5 6am Ride w/Rhythm/Barre Lori 6:00am - S,C,F with TRX Mike 8:30am - Body Basics Mike 9:30am - Bust Butt BC Kathy 9:30am - Spin Jen 10:30am - Barre & Balance Jen (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Mike L	6 6:00am - Fit & Spin ☼ Mike L 6:00am - Bootcamp Mike 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Damaris	7 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9am Ride w/Rhythm/Barre Lori 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
8 9:00am - Spin Jen 9:00am - HIIT Core & More Kathy 10:00am - Yoga Elli	9 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Lori 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	10 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Ride w/Rhythm & Barre Lori	11 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - Core Control Christine 6:00pm - HIIT TRX & Core Kelly	12 6am Spin & Core Mike L 6:00am - S,C,F with TRX "T" 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Jen 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Kathy	13 6:00am - Fit & Spin ☼ Mike L 6:00am - Bootcamp Christine 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE BUBBLES ☼ & BEER Christine	14 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Jonathan 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
15 9:00am - Spin Damaris 9:00am - HIIT Core & More Jonathan 10:00am - Yoga Lisa	16 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Elli 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Kelly	17 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm - Bike & Abs Mike L	18 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Kathy 5:00pm - Power Yoga ◇ Jonathan 6:00pm - HIIT TRX & Core Kelly	19 6am Ride w/Rhythm/Barre Lori 6:00am - S,C,F with TRX "T" 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Damaris 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Kathy	20 6:00am - Fit & Spin Damaris 6:00am - Bootcamp Mike 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	21 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Jonathan 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
22 9:00am Ride w/Rhythm Lori 9:00am - HIIT Core & More Kathy 10:00am - Yoga Jonathan	23 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	24 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm - Bike & Abs Damaris	25 6:00am - Bootcamp Mike 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Damaris 5:00pm - Core Control Christine 6:00pm - HIIT TRX & Core Kelly	26 6am Ride w/Rhythm/Barre Lori 6:00am - S,C,F with TRX "T" 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Jen 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Mike L	27 6:00am - Fit & Spin ☼ Mike L 6:00am - Bootcamp Christine 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	28 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Mike L 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
29 9:00am - Spin Mike L 9:00am - HIIT Core & More Kathy 10:00am - Yoga Elli	30 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	31 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Ride w/Rhythm & Barre Lori				