

**2023 Class Schedule – Yoga, Zumba, and Circuit Training classes are FREE with any membership**

**Monday Tuesday Wednesday Thursday Friday Saturday Sunday**

BradDebbieDebbie Debbie

**Circuit Training** **Circuit Training Circuit Training**  **Circuit Training**

8:15am 8:15am 8:15am 8:00am

Megan

**Zumba Class**

9:00am

Amanda

**$ Boot Camp $**

9:30am

Mary BethMatt

**Yoga Class Boxing Class**

10:00am 10:30am

Mary Beth Debbie Melanie

**Yoga Class** **Circuit Training** **Yoga Class**

6:00pm 6:00pm 6:00pm

Lisa MeganMegan

**$ Muscle Madness $** **Zumba Class** **Zumba Class**

6:30pm 7:30 pm 7:30pm