

**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