

**MONDAY**

6:00am  
Spin & Sculpt  
w/ Meredith

9:30  
Circuit Training  
w/ Jim

Interval Blast Cycle  
w/ Joanie

10:30  
Sets & Reps  
w/ Joanie

11:30  
Fit & Fabulous  
w/ Tammy

5:30  
Step it Up  
w/ Brooke

Beg/Int Cycle  
w/ Cyndi

6:15  
Rock Hard Abs  
w/ Genelle

6:30  
Turbo Sculpt  
w/ Genelle

**TUESDAY**

6:00am  
Early Cycle Interval  
w/ Meredith

9:30  
Turbo Kick  
w/ Genelle

10:30  
Rock Star Yoga  
w/ Kathi

5:00  
Cycle Challenge  
w/ Lucia

5:30  
Body Sculpt  
w/ Nargis

6:00  
Interval Cycle  
w/ Maria

6:15  
Body Art Pilates  
w/ Luanne

7:00  
Butt & Gutt  
w/ Leslie

**WEDNESDAY**

6:15am  
Body Sculpt  
w/ Luanne

9:30  
Cardio & Strength  
w/ Erick

Spin & Sculpt  
w/ Tammy

10:30  
Gentle Yoga  
w/ Kathi

11:30  
Fit & Fabulous  
w/ Ida

5:15  
20/20/20  
(Step/High-Low/Sculpt)  
w/Denise

5:30  
Beg/Int Cycle  
w/ Jeni

6:15  
Jabs & Kicks  
w/ Erick

**THURSDAY**

6:00am  
Early Cycle Interval  
w/ Meredith

9:30  
Step & Strength  
w/ Susan

Ride for Results  
w/ Tammy

10:30  
Body Sculpt  
w/ Tammy

5:00  
Turbo Kick  
w/ Genelle

6:00  
Interval Cycle  
w/ Kristen/Nick

6:00  
Yoga Blend  
w/ Genelle

7:00  
Strength Challenge  
w/ Leslie

**FRIDAY**

6:15am  
Bootcamp  
w/ Joanie/Pam

9:30  
Circuit Training  
w/ Jim

Cycle & Rock Hard Abs  
w/ Joanie

10:30  
Fit & Fabulous  
w/ Joanie

5:30  
Happy Hour Cycle  
w/ Lucia, Maria, Cyndi,  
Jeni

**SATURDAY**

Aug. 7th  
8:10am Interval Cycle w/ Cyndi  
8:30 Cardio Kickboxing w/ Keith  
9:00 Beg/Int Cycle w/Pam  
9:30 Turbo Kick / Genelle  
10:30 KID FIT w/ Pam

Aug. 14th  
8:10am Interval Cycle w/ Jeni  
8:30 Cardio Kickboxing w/ Keith  
9:00 Beg/Int. Cycle w/Cyndi  
9:30 Turbo Sculpt  
w/ Genelle  
10:30 Kid Fit w/ Angie

Aug. 21st  
8:10am Interval Cycle w/ Maria  
8:30 Cardio Kickboxing w/ Keith  
9:00 Beg/Int. Cycle w/ Cyndi  
9:30 Butt & Gutt w/ Leslie  
10:30 Kid Fit w/ Robynn

Aug. 28th  
8:10am Interval Cycle w/ Cyndi  
8:30 Cardio Kickboxing w/ Keith  
9:00 Ultimate Challenge Cycle  
w/ Luci  
9:30 Step & Sculpt w/ Susan  
10:30 Kid Fit w/ Pam

**SUNDAY**

Aug. 1st  
9:30am  
Interval Cycle w/ Terri

Aug. 8th  
9:30am  
Interval Cycle  
w/ Meredith

Aug. 15th  
9:30am  
Ride For Results  
w/ Meredith

Aug. 22nd  
9:30am  
Interval Cycle  
w/ Jeni

Aug. 29th  
9:30am  
Ride for Results  
w/ Jeni

# AUG. 2010

**BLUE CRABS MONTH**It's Game Time----**PLAY TO WIN!**

Take Group Fitness &amp; Spin Classes

**WIN! BLUE CRAB TICKETS!!****Beginner Cycle Workshop**

Register at front desk

See Latest Turbo Kick Wear

**Gym Hours**

Mon-Thur 5am to 9:30pm

Fri 5am to 9pm

Sat 8am to 5pm

Sun 8am to 3pm