

AUGUST 2022: GROUP EXERCISE, SHORE ZEN & DOCK SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO ONE	8:45AM BODYSTEP Tracy	5:30AM WTF <i>What's The Format</i> Nicole		5:30AM BODYPUMP Robby Ryan 25th	6:00AM CORE & MORE Nicole Robby 5th	8:30AM BODYSTEP Patrick 6th,13th Tracy 20th,27th	8:30AM BODYPUMP Ryan 21st BODYWORKS Jerry
	9:45AM PUMP & TONE Tracy	8:00AM LOW IMPACT Marybeth	8:45AM SHRED Courtney	8:00AM CARDIO FIT Tami	8:45AM BODYSTEP Courtney		
	4:30PM BODYPUMP Nicole	4:30PM BUNS & GUNS Robby	4:45PM BODYPUMP Nicole No class 3rd	5:00PM BODYSTEP Courtney	9:45AM PUMP & TONE Marybeth		
	5:30PM BODYSTEP Jill 1,8,15 CJM 22nd, 29th	5:30&7:00 XTREME HIP HOP Chris	5:30PM BODYWORKS Jerry Marybeth 10th	5:45&7:00PM XTREME HIP HOP Chris	<u>HAPPENINGS</u> 8/19 Intro to Mindful Grieving Starting 8/15 !! Adopt A Classroom New Custom Corner Design!!		
	6:05PM KICKBOXING Jerry No class 8th*	KEY CARDIO HEATED CLASS	STRENGTH OUTDOOR CLASS	STRETCH			
CYCLE	5:30AM FUSION Donna	8:30AM TRX Ryan CJM 2nd/30th		8:00AM CYCLE 30 Becky	5:30AM CYCLE 30 Nicole Taylor 5th	7:30AM FUSION Tay 6th, NI 27th Donna 13,20th	8:30AM CYCLE Donna 14th Taylor 28th
	5:30PM SHORE CIRCUIT Nicole	5:30PM CYCLE 30 Taylor	5:30PM BEGINNER CYCLE Taylor CYCLE 101- 3rd				
SHORE ZEN	8:00AM GENTLE YOGA Cinzia Rosie 1st Courtney 8th	9:00AM ROCK YOUR FLOW Courtney Piyo 2nd,30th	10:30AM BODYFLOW Betsy		5:30AM SHORE HEAT Off in August coming back in September		
	10:30AM BODYFLOW Tami		4:45PM VINYASA Courtney	9:00AM BUTI YOGA Courtney	8:00AM GENTLE YOGA Courtney	9:30AM SHORE HEAT Courtney Susan 13th	9:30AM BODYFLOW Susan
	5:30PM ATH. BARRE Jerry Courtney 8th	6:30PM BODYFLOW Susan			10:30AM BODYFLOW Tabitha Betsy 12th		
DOCK	5:30AM DOCK Nicole	5:30PM DOCK Jerry Betsy 9th	5:30AM DOCK Nicole	5:30PM DOCK Jerry No class 11TH		8:00AM DOCK Jerry CJM 6th Tay 13th	

Stack

Throughout the month how many days do you plan to workout during the week?

Throughout the month how many days a week do you plan to do a cardio workout?

Throughout the month how many days a week do you plan to do a strength workout?

Throughout the month how many days a week do you plan to incorporate stretching into your routine?

Write it down!

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

YOUR WORKOUT