

JUNE 2022: GROUP EXERCISE, SHORE ZEN & DOCK SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO ONE	8:45AM BODYSTEP Tracy Jill 6th STEP 13TH	5:30AM WTF <i>What's The Format</i> Nicole		5:30AM BODYPUMP Ryan 2nd, 9th Robby 16th, 23rd, 30th	6:00AM CORE & MORE Nicole	8:30AM BODYSTEP Court 4th, 11th Patrick 18 Tracy 25th	8:30AM 6/5, 6/26 BODYPUMP Ryan 6/12, 6/19 BODYWORKS JW
	9:45AM PUMP & TONE Tracy Marybeth 6th, 13th	8:00AM LOW IMPACT Marybeth Susan 28th	8:45AM SHRED Courtney	8:00AM CARDIO FIT Tami Marybeth 23rd	8:45AM BODYSTEP Courtney	9:30M BODYPUMP Ryan 4th, 25th Robby 11th Patrick 18th	
	4:30PM BODYPUMP Nicole	4:30PM BUNS & GUNS Robby	4:45PM BODYPUMP Nicole		9:45AM PUMP & TONE Marybeth Tracy 24th		
	5:30PM BODYSTEP Chris	5:30PM & 7:30PM XTREME HIP HOP Chris	5:30PM BODYWORKS Jerry	5:45PM & 7:30PM XTREME HIP HOP Chris	***Member Appreciation Month!!! ***Friends and Family Week 18th-25th ***NEW CLASSES! TU/TH XTREME HIP HOP AT 7:30PM WEDNESDAY BUTI AT 6PM THURSDAY BUTI AT 9AM		
	6:05PM KICKBOXING Jerry	KEY CARDIO HEATED CLASS	STRENGTH STRETCH OUTDOOR CLASS				
CYCLE	5:30AM FUSION Donna	8:30AM TRX Court 7th, 28th Ryan 14th, 21st		8:00AM CYCLE 30 Ryan 2nd, 9th Becky	5:30AM CYCLE 30 Nicole	7:30AM FUSION Nicole Taylor 18th	
	5:30PM SHORE CIRCUIT Nicole	5:30PM CYCLE 30 Taylor	5:30PM BEGINNER CYCLE Taylor Courtney 22nd	5:00PM SHORE CIRCUIT Courtney			
SHORE ZEN	8:00AM GENTLE YOGA Cinzia	9:00AM ROCK YOUR FLOW Courtney	10:30AM BODYFLOW Betsy Tabitha 1st		5:30AM SHORE HEAT Susan 3rd Court 10th, 17th Rosie 24th		
	10:30AM BODYFLOW Tami Susan 20th, 27th		4:45PM VINYASA Courtney	9:00AM BUTI YOGA Courtney	8:00AM GENTLE YOGA Courtney	9:30AM SHORE HEAT Courtney	9:30AM BODYFLOW Susan Tami 12th Tabi 26th
	5:30PM ATHLETIC BARRE Jerry	6:30PM BODYFLOW Susan	6:00PM BUTI YOGA Courtney		10:30AM BODYFLOW Tabitha Betsy 17th	10:30AM AERIAL YOGA Courtney	
DOCK	5:30AM DOCK Nicole	5:30PM DOCK Jerry	5:30AM DOCK Nicole	5:30PM DOCK Jerry		8:00AM DOCK Jerry Taylor 4th	

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