



August Saturday Switch Up Classes

Sat—Aug 1st

8:00 Zumba—Emily
8:15 Cycle—Christina
9:00 Aqua—
9:00 Body Balance—Karin
10:30 Yoga—Olivia

Sat-Aug 8th

8:00 Zumba—Kristin B
8:15 Cycle—
9:00 Aqua—
9:00 Body Combat—Karin
10:30 Yoga—Ysabel

Sat-Aug 15th

8:00 Body Pump—Kim
8:15 Cycle—
9:00 Zumba—Kristin B
9:00 Aqua—
10:30 Yoga—Kim

Sat Aug 22nd

8:00 Soul Strength—Alex
8:15 Cycle—Christina
9:00 Aqua—
9:00 Body Balance—Karin
10:30 Yoga—Katlin

Sat-Aug 29th

8:00 Core & Mobility Flow—Alex
8:15 Cycle—Michelle
9:00 Aqua—
9:00 Soul Strength—Allison
10:30 Yoga—Olivia