



# August 2022 Class Schedule

## Class Prices:

\$18 for Single/Drop-in  
 \$100/Month - Unlimited  
 \$140 for 10 Class Punch Card

## Instructor Key: Doug (D), Chrystal (C), Cindy (CH), Jason (J)

**Sr. classes** are FREE for SilverSneakers and  
 Renew Active members.  
**\$35/Month** - Sr. Unlimited + Gym Membership

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>9:00 Sr. Balance (D)</b> 5:30PM Bootcamp (D)	2	3 <b>9:00 Sr. Strength(D)</b> 5:30PM Bootcamp (D)	4 5:30PM Core & More/ Stretch & Strength (C)	5 <b>9:00 Sr. Cardio (D)</b>	6 <b>No class today.</b> See you next week!
7 <b>GYM            CLOSED</b>	8 <b>9:00 Sr. Balance (CH)</b> 5:30PM Bootcamp (D)	9	10 <b>9:00 Sr. Strength(D)</b> 5:30PM Bootcamp (D)	11 5:30PM Core & More/ Stretch & Strength (J)	12 <b>9:00 Sr. Cardio (D)</b>	13 8:30AM Super Strong 60 minutes <b>(C)</b>
14 <b>GYM            CLOSED</b>	15 <b>9:00 Sr. Balance (CH)</b> 5:30PM Bootcamp (D)	16	17 <b>9:00 Sr. Strength(D)</b> 5:30PM Bootcamp (D)	18 5:30PM Core & More/ Stretch & Strength (C)	19 <b>9:00 Sr. Cardio (D)</b>	20 8:30AM Super Strong 60 minutes <b>(C)</b>
21 <b>GYM            CLOSED</b>	22 <b>9:00 Sr. Balance (CH)</b> 5:30PM Bootcamp (D)	23	24 <b>9:00 Sr. Strength(D)</b> 5:30PM Bootcamp (D)	25 5:30PM Core & More/ Stretch & Strength (C)	26 <b>9:00 Sr. Cardio (D)</b>	27 8:30AM Super Strong 60 minutes <b>(C)</b>
28 <b>GYM            CLOSED</b>	29 <b>9:00 Sr. Balance (CH)</b> 5:30PM Bootcamp (D)	30	31 <b>9:00 Sr. Strength(D)</b> 5:30PM Bootcamp (D)			