





August Group Fitness Schedule – Wesley Chapel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	2 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	3 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	4
6 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1)	7 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	8 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	9 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	10 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	11
13 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1)	14 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	15 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness - Earl (L1)	16 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Advanced Tai Chi - Earl (L1)	17 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- Senior Fitness - Earl (L1)	18
20 8:30 am- Total Body - Kristen (L3) 9.30 am- Tai Chi - Earl (L1)	21 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 11:00 am- Advanced Tai Chi – Earl (L1) 7:00 pm- M.A. Fitness - Earl (L2)	22 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- No Class	23 8:30am - Zumba – Sheila (L3) 9:45 am- Pilates -Vicki (L2) 11:00 am- Yoga w JoAnn (L1)	24 8:30 am- Total Body - Melissa (L3) 9:30 am- Yoga Flow - Marie (L1) 11:00 am- No Class	25
27 8:30 am- Total Body - Kristen (L3) 9.30 am- Yoga – JoAnn (L1)	28 8:30 am- Total Abs & Barre Sculpt - Kristen (L2) 11:00 am- Yoga – JoAnn (L1) 7:00 pm- No Class	29 8:30 am- Total Body - Kristen (L3) 9:30 am- Pi-Yo – Melissa (L2) 11:00 am- Senior Fitness – Sheila (L1)	30 NO CLASSES 	31 NO CLASSES 	Level 1 (L1)– Beginner/Low Intensity Level 2 (L2) – Intermediate/ Moderate Intensity Level 3 (L3) – Advanced/High Intensity