

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	FLOOR, CORE, & MORE (ELLA)	STEP & SCULPT (ELLA)	STRENGTH (ELLA)	BOOT CAMP (ELLA)	INTERVAL TRAINING (ELLA)
10:15 AM		SILVER WORKZ (ANNE)		SILVER WORKZ (ANNE)	
12:05 PM	BUM DAY (ANGIE)	SLOW FLOW (ANGIE)		FIT MIX (ANGIE)	FINISHER (ANGIE)

**5 MEMBERS MUST BE PRESENT TO HOLD AN AEROBICS CLASS*

5:30pm Orange's Cross Training Class Monday-Thursday