

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Strength Training Start at 5:15, 5:30, 5:45, or 6:00 am and stay for 1 hour!	Cardio Combo Aerobics, Step, Drums - FUN! 5:30 am - 6:30 am	Strength Training Start at 5:15, 5:30, 5:45, or 6:00 am and stay for 1 hour!	Cardio Combo Aerobics, Step, Drums - FUN! 5:30 am - 6:30 am	Strength Training Start at 5:15, 5:30, 5:45, or 6:00 am and stay for 1 hour!
Life Movement Aerobics & Strength Class 9 am - 10:15 am		Life Movement Aerobics & Strength Class 9 am - 10:15 am		Life Movement Aerobics & Strength Class 9 am - 10:15 am
Strength Training 11:15 am - 12:15 pm	Kathy's Balance & Strength Class 11:15 am - 12:15 pm	Strength Training 11:15 am - 12:15 pm	Kathy's Balance & Strength Class 11:15 am - 12:15 pm	Strength Training 11:15 am - 12:15 pm
	Step Aerobics Int/Adv 12:00 - 1:00 pm		Step Aerobics Int/Adv 12:00 - 1:00 pm	
KID-FIT Summer Camp 1:00 - 5:00 pm  After-School Program 2:45-5:15 pm	KID-FIT Summer Camp 1:00 - 5:00 pm  After-School Program 2:45-5:15 pm	KID-FIT Summer Camp 1:00 - 5:00 pm  After-School Program 2:45-5:15 pm	KID-FIT Summer Camp 1:00 - 5:00 pm  After-School Program 2:45-5:15 pm	KID-FIT Summer Camp 1:00 - 5:00 pm  After-School Program 2:45-5:15 pm
Strength Training Start at 5:00, 5:15, 5:30, or 5:45 pm & stay for 1 hour! Family Friendly!	Drums Alive 5:15 - 6:00 pm Family Friendly!	Strength Training Start at 5:00, 5:15, 5:30, or 5:45 pm & stay for 1 hour! Family Friendly!	Drums Alive 5:15 - 6:00 pm Family Friendly!	Strength Training 5:00 - 6:00 pm Family Friendly!
Step Aerobics Int/Adv 5:30 - 6:30 pm	Yoga for Healing 5:15 - 6:00 pm	Step Aerobics Int/Adv 5:30 - 6:30 pm	Yoga for Healing 5:15 - 6:00 pm	

Instructors: Karen Donaldson, Debra Buetts, Carri Curtis, Kolay Johnson, Kathy Benjamin, Tonya Lindsay, Meagan Carlson