

## August 2008 Fitness Schedule

All classes are scheduled for one hour unless otherwise noted. Space is limited. Classes and activities are subject to change. The use of the gym and movement studio is for guest and members above the age of 18.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>August 1</b>	<b>2</b>	<b>3</b>
				Spinning* w/Donavan 6:30-7:15 a.m.  6-pack Abs* w/Donavan 7:15-7:30 a.m.  Detox Flow Yoga (all levels)* w/Ulrika 9:30 a.m.  Stargazing 9-11 p.m.	Spinning* w/Donavan 8:30 -9:15 a.m.  Master lap swimming# w/Tess 9:00-9:45 am  Kids free swim ^ w/Tess 10:00-11:00 a.m.  Yoga (all levels)* w/Ulrika 10:00-11:00 a.m.  Kids P.E.* (ages 4-9) 12:00 -12:45 p.m.  Bike & Hike @ w/ Donavan 2:30-4:00 p.m.	Yoga (All levels)* w/Satya 9:00 a.m.  Aqua Fitness# w/ Julie 10:30 a.m.
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Spinning* w/ Sean 6:30-7:15 a.m.  Yoga (all levels)* w/Ulrika 9:00 a.m.  Pilates Reformer* w/Jill 11:00 a.m.	Spinning Boot Camp* w/Donavan 10:00-10:45 a.m.  <b>Yoga (all levels) w/ Guest Instructor Shilpa 11:00 a.m. -1:00 p.m.</b>  Master Lap# w/ Tess 4:45-5:30 p.m.	Spinning* w/Donavan 9:45-10:30 a.m.  6-pack Abs* w/Donavan 10:30-10:45a.m.  Vinyasa Yoga (all levels)* w/Ann 6:00 p.m.	Pilates Reformer* w/Ava 8:15 a.m.  Pilates Reformer* w/Ava 9:30 a.m.  Yoga (all levels)* w/Satya 11:00 a.m.  Master Lap# w/ Tess 4:45-5:30 p.m.	Spinning* w/Donavan 6:30-7:15 a.m.  6-pack Abs* w/Donavan 7:15-7:30 a.m.  Pilates Fusion* w/Leslie 8:15 a.m.  Detox Flow Yoga (all levels)* w/Ulrika 9:30 a.m.  Kids night out+ 6-9pm	Spinning* w/Donavan 8:30 -9:15 a.m.  Yoga (all levels)* w/Elizabeth 10:00-11:00 a.m.  Kids free swim ^ w/Crystal 10:00-11:00 a.m.  Kids P.E.* (ages 4-9) 12:00 -12:45 p.m.  Bocce 101 2:00-2:30 p.m.	<b>Yoga (all levels) w/ Guest Instructor Shilpa 9:00 -11:00 a.m.</b>  Aqua Fitness# w/ Julie 10:30 a.m.

11	12	13	14	15	16	17
<p>Spinning* w/ Sean 6:30-7:15 a.m.</p> <p>Yoga (all levels)* w/Ulrika 9:00 a.m.</p> <p>Pilates Reformer* w/Ava 11:00 a.m.</p>	<p>Boot Camp* w/Donavan 10:00-10:45 a.m.</p> <p>Intro to power plate* w/Donavan 2:30-3:00</p>	<p>Spinning* w/Donavan 9:45-10:30 a.m.</p> <p>6-pack abs* w/Donavan 10:30-10:45a.m.</p> <p>Vinyasa Yoga (all levels)* w/Elizabeth 6:00 p.m.</p>	<p>Pilates Reformer* w/Ava 8:15 a.m.</p> <p>Pilates Reformer* w/Ava 9:30 a.m.</p> <p>Yoga (all levels)* w/Satya 11:00 a.m.</p>	<p>Spinning* w/Donavan 6:30-7:15 a.m.</p> <p>6-pack Abs* w/Donavan 7:15-7:30 a.m.</p> <p>Pilates Fusion* w/Leslie 8:15 a.m.</p> <p>Detox Flow Yoga (all levels)* w/Elizabeth 9:30 a.m.</p>	<p>Spinning* w/Donavan 8:30 -9:15 a.m.</p> <p>Yoga (all levels)* w/Elizabeth 10:00-11:00 a.m.</p> <p>Kids free swim ^ w/Crystal 10:00-11:00 a.m.</p> <p>Kids P.E. ^ (ages 4-9) 11:00-11:45 a.m.</p> <p>Bocce 101 2:00-2:30 p.m.</p>	<p>Yoga (All levels)* w/Satya 9:00 a.m.</p> <p>Bike &amp; Hike @ w/ Crystal 10:00-11:30 a.m.</p>
18	19	20	21	22	23	24
<p>Yoga (all levels)* w/Ulrika 9:00 a.m.</p> <p>Pilates Reformer* w/Jill 11:00 a.m.</p>	<p>Spinning Boot Camp* w/Donavan 10:00-10:45 a.m.</p> <p>Intro to power plate* w/Donavan 2:30-3:00</p> <p>Kids summer session+ 3-6 p.m.</p>	<p>Spinning* w/Donavan 9:45-10:30 a.m.</p> <p>6-pack Abs* w/Donavan 10:30-10:45a.m.</p> <p>Vinyasa Yoga (all levels)* w/Ann 4:00 p.m.</p> <p>Kids summer session+ 3-6 p.m.</p> <p>Ladies night at the Spa 5-8 p.m.</p>	<p>Pilates Reformer* w/Ava 8:15 a.m.</p> <p>Pilates Reformer* w/Ava 9:30 a.m.</p> <p>Yoga (all levels)* w/Satya 11:00 a.m.</p> <p>Kids summer session+ 3-6 p.m.</p>	<p>Spinning* w/Donavan 6:30-7:15 a.m.</p> <p>6-pack Abs* w/Donavan 7:15-7:30 a.m.</p> <p>Pilates Fusion* w/Leslie 8:15 a.m.</p> <p>Detox Flow Yoga (all levels)* w/Ulrika 10:45 a.m.</p>	<p>Spinning* w/Donavan 8:30 -9:15 a.m.</p> <p>Yoga (all levels)* w/Ulrika 10:00-11:00 a.m.</p> <p>Kids free swim ^ w/Crystal 10:00-11:00 a.m.</p> <p>Kids P.E. ^ (ages 4-9) 11:00-11:45 a.m.</p> <p>Bocce 101 2:00-2:30 p.m.</p>	<p>Family Yoga (ages 4-up)* w/Satya 9:00-9:50 a.m.</p> <p>Yoga (All levels)* w/Satya 10:00 a.m.</p> <p>Bike &amp; Hike @ w/ Crystal 10:00-11:30 a.m.</p> <p>Aqua Fitness# w/ Julie 10:30 a.m.</p> <p>Yoga Retreat+ w/ Ulrika 5:00-7:00 p.m.</p>

25	26	27	28	29	30	31
Spinning* w/ Sean 6:30-7:15 a.m.	Boot Camp* w/Donavan 10:00-10:45 a.m.	Spinning* w/Donavan 9:45-10:30 a.m.	Pilates Reformer* w/Ava 8:15 a.m.	Spinning* w/Donavan 6:30-7:15 a.m.	Spinning* w/Donavan 8:30 -9:15 a.m.	Yoga (All levels)* w/Satya 9:00 a.m.
Yoga Retreat+ w/ Ulrika 8:00-11:00 a.m.	Intro to power plate* w/Donavan 2:30-3:00	6-pack Abs* w/Donavan 10:30-10:45a.m.	Pilates Reformer* w/Ava 9:30 a.m.	6-pack Abs* w/Donavan 7:15-7:30 a.m.	Yoga (all levels)* w/Elizabeth 10:00-11:00 a.m.	Bike & Hike @ w/ Crystal 10:00-11:30 a.m.
Pilates Reformer* w/Jill 11:00 a.m.		Vinyasa Yoga (all levels)* w/Ann 6:00 p.m.	Yoga (all levels)* w/Satya 11:00 a.m.	Pilates Fusion* w/Leslie 8:15 a.m.	Kids free swim ^ w/Crystal 10:00-11:00 a.m.	Aqua Fitness# w/ Julie 10:30 a.m.
				Detox Flow Yoga (all levels)* w/Ulrika 9:30 a.m.	Kids P.E. ^ (ages 4-9) 11:00-11:45 a.m.	
					Bocce 101 2:00-2:30 p.m.	

\*Classes located in Yoga & Movement Studio

^ Kids pool

# Adult Pool

@ Reservations required

+ Reservations required. Fees apply.