

Classes are included with Membership  
Non-Member \$10 per class

# AUGUST CLASSES GYPSUM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	<b>Fury</b> Tom	<b>Fury Strength</b> Lydia	<b>Fury</b> Jeff	<b>Fury Strength</b> Lydia	<b>Fury</b> Lydia	
8:00AM	<b>Fury</b> Judd	<b>Fury Strength</b> Jessica	<b>7:30am Beginning Tai Chi</b> Briony <b>8:30am Tai Chi Form Practice</b> Briony <b>Fury</b> Judd	<b>Fury Strength</b> Jessica	<b>Fury</b> Jessica	
9:00AM	<b>Dance Over 50</b> Jeanne	<b>Fit After 50</b> Wendy	<b>Heart Smart</b> Kimber	<b>Zumba Gold</b> Endah	<b>Fit After 50</b> Wendy	<b>9:15am Zumba Gold</b> Endah
10:00AM	<b>Gentle Yoga</b> Kimber <b>Aqua Zumba</b> Claire	<b>Water Aerobics</b> Norma	<b>Gentle Yoga</b> Kimber	<b>Water Aerobics</b> Norma	<b>Gentle Yoga</b> Kimber	
11:30AM	<b>Fury</b> Judd	<b>12pm Resonate Yoga and Sound Bath Therapy</b> Chanelle/Kimber	<b>Fury</b> Judd	<b>Baby &amp; Me Yoga</b> Chanelle	<b>Fury</b> Jessica	
1:30PM						
5:30PM	<b>Intuitive Fitness</b> Kimber	<b>Yoga</b> Kimber	<b>5pm Intuitive Fitness</b> Kimber	<b>Yoga</b> Kimber		
6:00PM	<b>HIIT Fit</b> Shila <b>6:30pm Power Yoga</b> Kimber	<b>Spin Strength</b> Allie/Leonard	<b>HIIT Fit</b> Shila <b>Zumba</b> Claire <b>7:00pm Pound</b> Claire	<b>Spin Fusion</b> Allie/Tom		