



| TIME    | MONDAY                     | TUESDAY                                 | WEDNESDAY                  | THURSDAY                                | FRIDAY                     | SATURDAY                         | SUNDAY |
|---------|----------------------------|---|----------------------------|---|----------------------------|----------------------------------|--------|
| 5:30 am |                            | <b>Circuit Training</b>                 |                            | <b>Circuit Training</b>                 |                            |                                  |        |
| 8:00am  |                            |   |                            |   |                            | <i>ZUMBA</i>                     |        |
| 9:30am  | <i>ZUMBA</i>               | <i>ZUMBA</i>                            | <i>ZUMBA</i>               | <i>ZUMBA</i>                            | <i>ZUMBA</i>               | <b>NEW</b><br>Yoga Pilates Blend |        |
| 10:30am | <b>Strength &amp; Core</b> | <b>Yoga Fusion</b>                      | <b>Strength &amp; Core</b> | <b>Yoga Fusion</b>                      | <b>Strength &amp; Core</b> |                                  |        |
| 12:00pm |                            |   |                            |   |                            | <b>QUESTboxing</b>               |        |
| 1:00pm  |                            |   |                            |   |                            | <b>QUESTboxing ADVANCED</b>      |        |
| 5:30pm  |                            |   |                            |   |                            |                                  |        |
| 6:00pm  | <b>BOOT CAMP</b>           | <b>Strength &amp; Core</b>              |                            | <b>BOOT CAMP</b>                        |                            |                                  |        |
|         | <i>ZUMBA</i>               |   |                            | <i>ZUMBA</i>                            |                            |                                  |        |
| 7:00pm  |                            | <i>ZUMBA</i>                            | <b>QUESTboxing</b>         | <i>ZUMBA</i>                            |                            |                                  |        |
| 8:00pm  | <b>Yoga Fusion</b>         | Class Cancelled for summer<br>AB Burner | <b>Yoga Fusion</b>         | Class Cancelled for summer<br>AB Burner |                            |                                  |        |

\*Zumba, Boot Camp, and Kickboxing, at additional costs. See our front desk for pricing on additional classes.\*

~Boot Camp and Kickboxing taught by Vision Quest Personal Trainers~