

# AUGUST

**Monday Tuesday Wednesday Thursday Friday Saturday**

		<b>*Yoga Rise</b> 8:00am-8:50am Donna (DS)		<b>*PiYo</b> (starts 8/18) 8:00am-9:00am Esther (DS)	
<b>*Interval Training</b> 9:05am-10:00am Esther (DS)	<b>*Body Sculpt</b> 9:05am-10:00am Lana (DS)	<b>*Cardio Kickboxing</b> 9:05am-10:00am Carrie (DS)	<b>*Power Pump</b> 9:05am-10:00am Lana (DS)	<b>*Fitness Mashup</b> 9:05am-10:00am Esther (DS)	<b>Pilates</b> 7:50am-8:50am Susan (DS)
<b>Yoga Essentials</b> (starts 8/28) 10:30am-11:30am Cathleen (ELM)		<b>*Quick Core</b> 10:00am-10:30am Carrie (DS)	<b>SWAT</b> 10:15am-11:10am Carrie (OUT/DS)	<b>Yoga Essentials</b> (starts 9/1) 10:30am-11:30am Cathleen (ELM)	
<b>Lite N Lively (55+)</b> 10:30am-11:30am Matt (DS)		<b>Lite N Lively (55+)</b> 10:30am-11:30am Carrie (DS)		<b>Lite N Lively(55+)</b> 10:30am-11:30am Ying (DS)	
<b>Spinlates</b> 7:00pm-8:00pm Kim (DS)					
<b>ZUMBA</b> (starts 8/28) 7:00pm-8:00pm Esther (DS)	<b>Yoga Flow</b> 7:00pm-8:00pm Susan (DS)	<b>Body 360</b> 7:00pm-8:00pm Kim (OUT)			

*Classes with an \* are included within the Group and Ultimate memberships*

*Shaded classes are Registration Classes*

DS- Dance Studio

ELM- Elm Room

OUT- Outside (Weather Permitting)

THTR- Cosman Theater



**@hpdfitness**

