

| Sun                             | Mon  | Tue   | Wed   | Thu   | Fri   | Sat   |
|---------------------------------|--|---|---|---|---|---|
| <i>1—Yoga 11am<sup>†</sup></i>  | <i>2—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 5pm*</i>  | <i>3—Boot Camp7:30am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i>  | <i>4—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 6:30pm*<br/>Cardio Barre 6:30pm<br/>Hip Hop Cardio 7:30pm</i>  | <i>5—Boot Camp 7:30 am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i>  | <i>6—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Strength, Balance &amp; Tone 9:30am<br/>BodyBlast 5pm<br/>Zumba 6:00pm*</i>  | <i>7—Spin 9am*<br/>Cardio Blast 9am<br/>Yoga 10:30<br/>CrossFit 11:30am*</i>  |
| <i>8—Yoga 11am<sup>†</sup></i>  | <i>9—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 5pm*</i>  | <i>10—Boot Camp7:30am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i> | <i>11—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 6:30pm*<br/>Cardio Barre 6:30pm<br/>Hip Hop Cardio 7:30pm</i> | <i>12—Boot Camp 7:30 am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i> | <i>13—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Strength, Balance &amp; Tone 9:30am<br/>BodyBlast 5pm<br/>Zumba 6:00pm*</i> | <i>14—Spin 9am*<br/>Cardio Blast 9am<br/>Yoga 10:30<br/>CrossFit 11:30am*</i> |
| <i>15—Yoga 11am<sup>†</sup></i> | <i>16—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 5pm*</i> | <i>17—Boot Camp7:30am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i> | <i>18—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 6:30pm*<br/>Cardio Barre 6:30pm<br/>Hip Hop Cardio 7:30pm</i> | <i>19—Boot Camp 7:30 am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i> | <i>20—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Strength, Balance &amp; Tone 9:30am<br/>BodyBlast 5pm<br/>Zumba 6:00pm*</i> | <i>21—Spin 9am*<br/>Cardio Blast 9am<br/>Yoga 10:30<br/>CrossFit 11:30am*</i> |
| <i>22—Yoga 11am<sup>†</sup></i> | <i>23—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 5pm*</i> | <i>24—Boot Camp7:30am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i> | <i>25—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 6:30pm*<br/>Cardio Barre 6:30pm<br/>Hip Hop Cardio 7:30pm</i> | <i>26—Boot Camp 7:30 am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i> | <i>27—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Strength, Balance &amp; Tone 9:30am<br/>BodyBlast 5pm<br/>Zumba 6:00pm*</i> | <i>28—Spin 9am*<br/>Cardio Blast 9am<br/>Yoga 10:30<br/>CrossFit 11:30am*</i> |
| <i>29—Yoga 11am<sup>†</sup></i> | <i>30—CrossFit 6:15am*<br/>Spin &amp; Tone 8am*<br/>Water Aerobics 9:15am*<br/>Strength, Balance &amp; Tone 9:30am<br/>Total Tone 5pm<br/>Zumba 5pm*</i> | <i>31—Boot Camp7:30am*<br/>Spin 8am*<br/>Water Aerobics 9:15am*<br/>Pilates 9:30am<br/>Get Fit 5pm<br/>CrossFit 7:30pm*</i> | <h1 style="margin: 0;">SYS Adult Fitness</h1> <h1 style="margin: 0;">Classes—August 2010</h1>   |   |   |   |