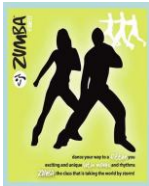



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
2:00p- Rm.1- S&S- Veronica 3:15p- Rm.1- Yoga1- Alison	6:00a- Rm.1- ET- Veronica 8:10a- RM.1- SS Cardio*- Lynne 9:00a- Rm.1- ZUMBA- Alison 9:00a- Rm.3- MatFlex- Anne 10:00a- Rm.1- SS ROM*- Anne <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- Turbo Kick- Alicia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- Ballistic Cardio- Dacia 5:30p- Rm.1- ET- Jen 5:30p- Rm.3- Pilates- Anne 6:00p- CS- Cycle- Sally 6:30p- Rm.1- PS- Lindsay 6:30p- Rm.3- Yoga2- Gina	6:00a- CS- Cycle- Sally 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Alicia 12:00p- Rm.1- ET- Jen 4:45p- Rm.3- BB Yoga X - Anne 4:30p- Rm.1- Inline Step- Alicia 5:30p- Rm.1- FB Express- Janet 5:30p- Rm.3- FabAbs- Alicia 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS*- Cycle *- Jen 6:30p- Rm.1- HHH- Lindsay	6:00a- Rm.1- CP- Veronica 8:10a- Rm.1- RM.1- SS ROM*- Lynne 9:00a- Rm.1- CP- Helen 9:00a- Rm.3- Yoga2- Alison 10:00a- Rm.1- RM.1- SS Cardio*- Anne <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- S&S- Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- XI- Jen 5:30p- Rm.1- ET- Jen 5:30p- Rm.3- Pilates- Anne 6:00p- CS- Cycle- Katie 6:30p- Rm.1- XI- Susan	6:00a- CS- Cycle- D. 8:10a- Rm.1- SS Cardio*- Lynne 8:30a- Rm.3- Yoga- Suzanne 9:00a- Rm.1- T&S- Helen 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Jen 4:45p- Rm.3- BB - Circuit X- Alicia 5:30p- CS- Cycle X- Jen 5:30p- Rm.1- Instructor's Choice- Kelly 6:00p- Rm.3- Yoga- Courtney 6:30p- Rm.1- FabAbs X- Kelly	6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 8:10a- RM.1- SS Cardio*- Lynne 9:00a- Rm.1- BS- Helen 10:00a- Rm.1- RM.1- SS ROM*- Alicia 12:00p- Rm.1- Yoga1- Ann 12:15p- CS- Cycle X- Courtney 5:30p- Rm.1- HIIT- Alicia	8:00a- Rm.1- Yoga- Ann 9:15a- Rm.1- 20's- Alicia 9:30a- CS- Cycle- <b>TBA</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
2:00p- Rm.1- Turbo Kick- Alison 3:15p- Rm.1- Yoga1- Alison	6:00a- Rm.1- S&S- Veronica 8:10a- RM.1- SS ROM*- Lynne 9:00a- Rm.1- 20's- Helen 9:00a- Rm.3- MatFlex- Mary Beth <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- Sculpt Fusion- Cindy 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Dacia 5:30p- Rm.1- XI- Linda 5:30p- Rm.3- Pilates- Anne 6:00p- CS- Cycle- Katie 6:30p- Rm.1- ZUMBA- Lindsay 6:30p- Rm.3- Yoga2- Ann	6:00a- CS- Cycle- Sally 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Courtney 12:00p- Rm.1- 20's- Mary Beth 4:45p- Rm.3- BB Yoga X - Anne 4:30p- Rm.1- XI- Cindy 5:30p- Rm.1- FB Express- Janet 5:30p- Rm.3- FabAbs- Jen 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS*- Cycle *- Jen 6:30p- Rm.1- PS- Lindsay	6:00a- Rm.1- ET- Veronica 8:10a- Rm.1- RM.1- SS ROM*- Lynne 9:00a- Rm.1- Hi/Lo- Helen 9:00a- Rm.3- Yoga1- Anne 10:00a- RM.1- SS ROM*- Anne <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- ZUMBA- Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- XI- Alicia 5:30p- Rm.1- 20's - Linda 5:30p- Rm.3- Pilates- Anne 6:00p- CS- Cycle- Kelly 6:30p- Rm.1- S&S- Susan	6:00a- CS- Cycle- Marisa 8:10a- Rm.1- SS Cardio*- Anne 8:30a- Rm.3- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Cindy 4:45p- Rm.3- BB -T&F- Alicia 5:30p- CS- Cycle X- Alicia 5:30p- Rm.1- XI- Kelly 6:00p- Rm.3- Yoga- Courtney 6:30p- Rm.1- FabAbs X- Kelly	6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 8:10a- RM.1- SS Cardio*- Lynne 9:00a- Rm.1- <b>TBA</b> 10:00a- Rm.1- RM.1- SS Cardio*- Anne 12:00p- Rm.1- Yoga1- Anne 12:15p- CS- Cycle X- Courtney 5:30p- Rm.1- ET- Dacia	8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- FB Challenge- Janet 9:30a- CS- Cycle- Jen
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
2:00p- Rm.1- S&S- Veronica 3:15p- Rm.1- Yoga1- Alison	6:00a- Rm.1- ET- Veronica 8:10a- RM.1- SS Cardio*- Lynne 9:00a- Rm.1- Sweat- Shaunna 9:00a- Rm.3- MatFlex- Anne 10:00a- Rm.1- SS ROM*- Alicia <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- XI- Cindy 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Dacia 5:30p- Rm.1- XI- Linda 5:30p- Rm.3- Pilates- Anne 6:00p- CS- Cycle- Katie 6:30p- Rm.1- PS- Lindsay 6:30p- Rm.3- Yoga2- Gina	6:00a- CS- Cycle- Alicia 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Alicia 12:00p- Rm.1- PS- Cindy 4:45p- Rm.3- BB Yoga X - Anne 4:30p- Rm.1- HIIT- Alicia 5:30p- Rm.1- S&S- Janet 5:30p- Rm.3- FabAbs- Jen 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS*- Cycle *- Jen 6:30p- Rm.1- HHH- Lindsay	6:00a- Rm.1- XI- Shaunna 8:10a- Rm.1- RM.1- SS ROM*- Lynne 9:00a- Rm.1- CP- Helen 9:00a- Rm.3- Yoga2- Alison 10:00a- Rm.1- RM.1- SS Cardio*- Anne <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- Ballistic Cardio - Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Donna 5:30p- Rm.1- 20's- Linda 5:30p- Rm.3- Pilates- Anne 6:00p- CS- Cycle- Jen 6:30p- Rm.1- XI- Susan	6:00a- CS- Cycle- D. 8:10a- Rm.1- SS Cardio*- Lynne 8:30a- Rm.3- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Cindy 4:45p- Rm.3- BB - Dance Fever- Alicia 5:30p- CS- Cycle X- Alicia 5:30p- Rm.1- Instructor's Choice - Kelly 6:00p- Rm.3- Yoga- Courtney 6:30p- Rm.1- FabAbs X- Kelly	6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 8:10a- RM.1- SS ROM*- Alicia 9:00a- Rm.1- Hi/Lo- Helen 10:00a- Rm.1- RM.1- SS ROM*- Anne 12:00p- Rm.1- Yoga1- Anne 12:15p- CS- Cycle X- Courtney 5:30p- Rm.1- ZUMBA- Dacia	8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- FB- L&S 9:30a- CS- Cycle- Jen



Sun 22	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28
2:00p- Rm.1- ZUMBA- Alison 3:15p- Rm.1- Yoga1- Alison 	6:00a- Rm.1- XI- Veronica 8:10a- Rm.1- SS ROM*- Lynne 9:00a- Rm.1- Hi/Lo- Anne 9:00a- Rm.3- MatFlex- Mary Beth 10:00a- Rm.1- SS ROM*- Anne <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- XI- Cindy 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- Turbo Sculpt- Alison 5:30p- Rm.1- S&S- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Katie 6:30p- Rm.1- HHH – Lindsay 6:30p-Rm.3- Yoga2- Gina	6:00a- CS- Cycle- L. Barefoot 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Jen 12:00p- Rm.1- ET- Mary Beth 4:30p- Rm.1- ZUMBA- Alison 4:45p- Rm.3- BB Yoga X - Anne 5:30p- Rm.1- FB Express- Janet 5:30p- Rm.3- FabAbs- Jen 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS- Cycle *- Jen 6:30p- Rm.1- PS- Lindsay	6:00a- Rm.1- ET- Shaunna 8:10a- Rm.1- RM.1- SS ROM*- Lynne 9:00a- Rm.1- BS- Alicia 9:00a- Rm.3- Yoga2- Alison 10:00a- Rm.1- Rm.1- SS ROM*- Anne <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- PS- Dacia 12:00p- CS- Cycle- Courtney 4:30p- Rm.1- ET- Jen 5:30p- Rm.1-CP- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Kelly 6:30p- Rm.1- Turbo Kick- Alicia <b>Rd.40 Kick-Off Party</b>	6:00a- CS- Cycle- Marisa 8:10a- Rm.1- SS Cardio*- Lynne 8:30a- Rm.3- Yoga- Ann 9:00a- Rm.1- T&S- Anne 10:00a- Rm.1- SS "Mat Free" Yoga Stretch- Anne 12:00p- Rm.1- ET- Cindy 4:45p- Rm.3- BB - Circuit- Alicia 5:30p- 5:30p- CS- Cycle X- Alicia 5:30 Rm.1- ET- Kelly 6:00p- Rm.3- Yoga- Anne 6:30p- Rm.1- FabAbs X- Kelly	6:00a- Rm.3- Sweat- Veronica 6:00a- Rm.1- Yoga- Ann 8:10a- Rm.1- SS ROM*- Lynne 9:00a- Rm.1- CP- Anne 10:00a- RM.1- SS Cardio*- Anne 12:00p- Rm.1- Yoga1- Anne 12:15p-CS- Cycle X- Alicia 5:30 Rm.1- ET- Linda	8:00a- Rm.1- Yoga- Anne 9:15a- Rm.1- FB- Anne 9:30a- CS- Cycle- Jen 
2:00p- Rm.1-Sweat- Veronica 3:15p- Rm.1- Yoga1- Ann	6:00a- Rm.1- S&S- Veronica 8:10a- Rm.1- SS Cardio*- Lynne 9:00a- Rm.1- Hi/Lo- Helen 9:00a- Rm.3- MatFlex- Mary Beth 10:00a- Rm.1- SS ROM*- Alicia <b>11:00a- Rm.1- Tai Chi- Eric</b> 12:00p- Rm.1- Sculpt Fusion - Cindy 12:00p- CS- Cycle- Alicia 4:30p- Rm.1- XI- Alicia 5:30p- Rm.1- ET- Linda 5:30p-Rm.3- Pilates- Anne 6:00p- CS- Cycle- Katie 6:30p- Rm.1- PS- Lindsay 6:30p-Rm.3- Yoga2- Gina	6:00a- CS- Cycle- L. Barefoot 6:00a- Rm.1- Yoga- Ann 9:00a- Rm.1- T&S- Helen 10:00a- CS- Cycle X- Courtney 12:00p- Rm.1- XI- Mary Beth 4:45p- Rm.3- BB Yoga X - Anne 4:30p- Rm.1- Turbo Kick- Alicia 5:30p- Rm.1- Hi/Lo- Janet 5:30p- Rm.3- FabAbs- Jen 6:00p- Rm.3- Yoga1- Ramona 6:15p- CS- Cycle *- Jen 6:30p- Rm.1- ZUMBA - Lindsay	<div style="border: 1px solid black; padding: 5px;"> <p><b>Class Locations:</b>  <b>CS</b> – Cycle Studio  <b>Rm. 1</b> – Aerobics Room 1  <b>Rm. 3</b> – Aerobics Room 3  <b>A-Rm.1</b> - Activity Rm. 1            All classes are 60-minutes unless otherwise noted.  <b>X</b> = 30-min class  <b>^</b> = 75- min class  <b>*</b>= 45-min class  <b>BB</b>- Busy Bodies- Youth classes ages 5 and up            -Classes are subject to change.  <b>Bold</b> = Fee and/or registration required</p> </div>			

### August Special Classes and New Programs

**TaeKwonDo** – Join the Greensboro Black Belt Academy and learn the art of TaeKwonDo. Pick up a registration form or visit our website for more information.

**T'ai Chi** – Learn the ancient practice of T'ai Chi with Eric Reiss of *Silk Tiger School of T'ai Chi Ch'uan*. Classes meet Monday and Wednesday from 11:00am-12:00pm in Aerobics Rm.1 (4-week sessions) \*Note: Class fees have changed \$20/members \$35/ non-members.

→**Turbo Kick Rd. 40 Kick-Off Party (8/25)**- It's finally here!! Turbo Kick Rd.40 is set to "kick" up to 1000 calories in one hour. Bring a friend and come ready to have fun with new combos and when the sirens scream **TURBO...** be ready to bring it! Wear your crazy Turbo outfit and let's party!

### Silver Sneakers Class Descriptions

**Silver Sneakers (SS) Muscular Strength & Range of Motion (ROM)**-This class is designed to increase strength, range of movement, balance, and sense of well-being. All are welcome.

**Silver Sneakers Yoga Stretch**- This "Mat Free" stretching class consists of yoga-like moves in and out of a chair. Never on the floor!

**Silver Sneakers Cardio** – This class focuses more on cardiovascular training. Low intensity workout performed mostly out of the chair. Perfect for health seekers!