

**Z E N E R G Y**  
HEALTH CLUB • SPA • BOUTIQUE

**August 2017 - Zenergy Group Fitness Schedule**

**Monday**

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6:30-7:25am	BODYPUMP (Anna, Zack, Emily, Kim)	
9:00-9:55am	Zumba (Priscilla)	
10:00-10:55am	Pilates Mat Int/Advanced (Zoe)	
11:30-11:55am	BODYCOMBAT (Anna)	
12:00-12:30pm	CXWORX (Tim)	
12:35-1:25pm	Zen Roller (Tim)	
3:00-4:00pm	\$ Resistance/Flexibility Stretch (Bianca)	August 7 - 28

**Tuesday**

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8:00-8:55am	Ballet Barre Works (Erin)	
9:00-9:55am	BODYPUMP (Emily)	
10:00-10:30am	CXWORX (Emily)	
11:00-11:45am	\$ Resistance/Flexibility Stretch (Bianca)	August 8 - 29
12:00-12:55pm	BODYPUMP (Anna)	
4:30-5:25pm	Pilates Mat Fundamentals (Zoe)	

**Wednesday**

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6:30-7:25am	Pilates Mat (Deborah)	
8:00- 9:30am	Meet Me on a Hike (Yvette)	<b>8am in the Lobby, 8:30 at the trail head</b> Murdock Creek, Fox Creek, Chocolate, Mill Lake, Norton Lakes
9:00-9:55am	Zumba (Casey)	
10:00-10:55am	Pilates Mat Int/Advanced (Emily)	
12:00-12:30pm	CXWORX (Tim)	
6:15-7:25pm	Private Group	

**Thursday**

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8:00-8:55am	Ballet Barre Works (Erin)	
9:00-9:55am	BODYPUMP (Kim)	
10:00-11:00am	\$ Anti-Aging Melt Method (Shana)	August 10 & 24
10:00-11:00am	\$ Fascial Fitness Melt Method (Shana)	August 3 & 17
12:00-12:55pm	BODYPUMP (Emily)	
2:00-2:55pm	Pilates Mat Beg/Int. (Deborah)	

**Friday**

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6:30-7:25am	Boot Camp (Jen)	
8:00-8:55am	\$ Free Your Sole! (Sean Patrick Parnell)	August 11 & 18 only
9:00-9:55am	BODYATTACK (Anna/Kim)	
10:00-10:55am	Pilates Mat Int/Advanced (Julie)	
11:00-11:45am	\$ Resistance/Flexibility Stretching (Bianca)	August 4 - 25
12:00-12:30pm	CXWORX (Emily)	

**Saturday**

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7:45-8:40am	BODYPUMP (Anna)	
9:00-9:55am	Pilates Mat (Zoe)	
10:00-10:55am	BODYPUMP (Zack)	

**Sunday**

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10:00-10:55am	Ballet Barre Works (Peter)	
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