



“...courage is only an accumulation of small steps.”
—George Konrad

SUMMER CLASS SCHEDULE

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SAT & SUN

6:00 AM - 8:30 PM
6:00 AM - 7:30 PM
8:00 AM - 4:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:35 - 7:30 am 6 Week Program	6:30 - 7:30 am Spinning Carlos	6:35 - 7:30 am 6 Week Program	6:30 - 7:30 am Spinning Carlos	6:35 - 7:30 am 6 Week Program		
8:30 - 9:20 am Total Body Conditioning Ron	8:30 - 9:15 am Hi/Low Cardio Garry	8:00 - 8:50 am Yoga Sherry	8:30 - 9:15 am Cardio Interval Meltdown Garry	8:30 - 9:15 am Bosu Balance & Core Jen	8:30 - 9:15 am Spinning Stephen	
9:30 - 10:15 am S.S.I.T. Spin Coach Mo	9:15 - 10:00 am Muscle Sculpt Rebecca	9:15 - 10:00 am Muscle Sculpt Jenn	9:15 - 9:45 am Muscle Sculpt Garry	9:30 - 10:30 am Mat Pilates Michelle	9:35 - 10:45 am Yoga Flow Barbara	9:30 - 10:15 am Core & Sculpt Rebecca
10:45 - 11:30 am Yoga Michelle	10:00 - 11:00 am Kukuwa Dance Workout	10:15 - 11:00 am Spinning Jen	10:00 - 11:00 am Kukuwa Dance Workout	10:35 - 11:30 am Spinning Bob	10:45 - 11:45 am Kukuwa Dance Workout	10:30 - 11:15 am Spinning Rebecca
			12:00 - 12:45 pm Spinning Rebecca			
5:30 - 6:15 pm Abs & Back Rebecca		5:45 - 6:30 pm Spinning Jen	5:00 - 6:00 pm Strength Training Nik			
6:30 - 7:30 pm S.S.I.T. Spin Coach Mo			6:00 - 7:00 pm Yoga Stretch			

Please note: Michelle Smith is available for 1-on-1 Reformer Pilates. Please contact her at 703-405-3371 to set up an appointment.

*Classes require sign up.