






LEXINGTON JUNE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	FITNESS BOOT CAMP <i>Lois</i>		FITNESS BOOT CAMP <i>Heidi</i>		Muscle Challenge <i>Linda</i>	
8:15a	WQ Step <i>Linda</i>	 GROUP CENTERGY™ <i>Lyndsay</i>	HIIT Express <i>Kristen</i>	 GROUP CENTERGY™ <i>Lyndsay</i>	WQ Step <i>Linda</i>	WQ Step <i>Nicole</i>
9:20a	MUSCLE CHALLENGE <i>Linda</i>	WQ Power Mix <i>Linda</i>	Pilates Mat Plus <i>Renee R.</i>	WQ Power Mix <i>Linda</i>	WQ Power <i>Kristen H.</i>	WQ Power <i>Eric</i>
10:20a	10:45am  ZUMBA fitness <i>Mike</i>	WQ Power Mix <i>Amy</i>	 ZUMBA gold <i>Julie</i>	Heart Smart <i>Lois</i>	Heart Smart <i>Lois</i>	10:30am YOGA <i>Tedra</i>
11:30a		GENTLE YOGA <i>Suzanne</i>	YOGA <i>Mary Catherine</i>	Gentle Yoga <i>Suzanne</i>		
4:30p	WQ Power <i>Tiffany</i>	Power Yoga <i>Jennifer</i>		WQ Power <i>Linda</i>		
5:30p	HeartZones Conditioning <i>Heidi</i>	CARDIO SCULPT <i>Cathy A</i>	 RIPPED <i>SJ</i>	WQ Step <i>Tamara</i>		
6:30p	MUSCLE CHALLENGE Express <i>Heidi</i>	 ZUMBA fitness <i>Estefania</i>		 ZUMBA fitness <i>Mike</i>		
7:30p	YOGA <i>Sue</i>		YOGA <i>Suzanne</i>			

STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10:30am	*SILVERSNEAKERS Classic <i>Thebither</i>	*SILVERSNEAKERS Classic <i>Linda</i>	*SILVERSNEAKERS Classic <i>Thebither</i>	*SILVERSNEAKERS Classic <i>Alyson</i>	*SILVERSNEAKERS Classic <i>Alyson</i>	
11:30am	*SILVERSNEAKERS Classic <i>Thebither</i>		*SILVERSNEAKERS Classic <i>Heidi</i>	Senior Stretch <i>Vickie</i>	*SILVERSNEAKERS Classic <i>Thebither</i>	

AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a					*SWIMFIT FITNESS <i>Suzy</i>	
8:15a	*AQUA FIT <i>Lisa</i>	*SWIMFIT FITNESS <i>Suzy</i>	*AQUA FIT <i>Cindi</i>	*SWIMFIT FITNESS <i>Suzy</i>	*AQUA FIT <i>Lisa</i>	
9:30a	*WATER WORKS <i>Lisa</i>		*WATER WORKS <i>Cindi</i>		*WATER WORKS <i>Shari</i>	*WATER WORKS <i>LeeAnn</i>
10:30a	*A LIGHTER SPLASH <i>Cindi</i>	*SILVERSPLASH <i>Margaret</i>	*A LIGHTER SPLASH <i>Kathy</i>	*SILVERSPLASH <i>Kathy</i>	 aqua ZUMBA <i>Shari</i>	
5:30p	*WATER WORKS <i>Carol</i>		*WATER WORKS <i>LeeAnn</i>			