






**Sept 2020**

**Signup Required for all classes  
PLEASE BRING YOUR OWN MAT**



|         | Monday   | Tuesday                                    | Wednesday   | Thursday   | Friday                          | Saturday   | Sunday |
|---------|--|--|---|--|---------------------------------|--|--------|
| 5:30 am |  | <b>CYCLE Interval Challenge</b><br>Karen C |   | <b>MVP SPIN</b><br>Tracy C   |                                 |  |        |
| 8:30am  | <br>Michelle S                | pilates core strength<br>Carole            | <b>PLIA Power</b><br>Carole   | <br>Laura<br>SUB FOR Cheryl | <b>TOTAL BODY CORE</b><br>Roz P | <b>8:15am</b><br>CYCLE CHALLENGE<br>55 min<br>Patty  |        |
|         |  |  |   |  |                                 | <b>9:00am</b><br><br>Michelle S   |        |
| 5:30pm  | <br>Laura<br>SUB FOR Cheryl | <b>6:00</b><br><b>MVP SPIN</b><br>Tracy C  | <br>Michelle S | pilates core strength<br>Carol B   | Spa Yoga<br>Tatiana             | <b>Rama Athletic Hours:</b><br>Mon– Fri 6am – 9pm<br>Sat & Sun 7am – 6pm<br>*All classes run 55 min unless noted “45”<br>*[FF] Fitness Floor<br>*Small Group Training<br>Denotes additional fee per month* |        |

*Rama Athletic Club*