 **CLASS SCHEDULE**

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| **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **9:00 AM** |  |  | **ZUMBA**  Nancy Taylor |  |  |
| **10:00 AM** | **GET YOUR STRETCH ON**  Leah Marino | **BEACH BODY BOOTCAMP**  Leah Marino | **YOGA**  Shannon Liebel | **BODY SCULPT**  Leah Marino | **GET YOUR STRETCH ON**  Leah Marino |

**CLASS DESCRIPTIONS**

**Zumba:** Latin and international music with a fun and effective workout system. Are you ready to dance?

**Get Your Stretch On:** Warm-up followed by a deep stretch.

**Beach Body Bootcamp:** Meet at the club and go to Nevada Beach for a great workout on the beach.

**Body Sculpt:** Combination of spin, step, bosu, and weights.

**Yoga:** Vinyasa Yoga.