



AUGUST

MIND AND BODY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 6 - 6:55 AM <i>Peggy</i>	BODYCOMBAT 6 - 6:55 AM <i>Mitsuko</i>	BODYPUMP 6 - 6:55 AM <i>Mitsuko</i>	BODYCOMBAT 6 - 6:55 AM <i>Elizabeth</i>	BODYPUMP w/ CXWORX 6 - 6:55 AM <i>Peggy</i>	CXWORX 8:30 - 9 AM <i>Peggy</i>	WARM YOGA 8 - 9:30 AM <i>Kari</i>
YOGA FOR ATHLETES 7 - 7:45 AM <i>Peggy</i>	NIA 8 - 8:55 AM <i>Cristin</i>	HOT YOGA FLOW 9 - 10:30 AM	YOGA FLOW 7 - 7:55 AM <i>Gina</i>	BODYFLOW 7 - 7:45 AM <i>Peggy</i>	YOGA FOR ATHLETES 9 - 9:45 AM <i>Peggy</i>	VINYASA YOGA 10 - 11:15 AM <i>Shauna</i>
HOT YOGA FLOW 9 - 10:30 AM <i>Marisa</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Terri</i>	BELLY DANCE WORKOUT 8:00-8:45am <i>Stuti</i>	HOT YOGA FLOW 9 - 10:30 AM <i>Kate</i>	BODYPUMP 10 - 10:55 AM <i>Peggy</i>	MAT PILATES 11:30 - 12:30 PM <i>Shauna</i>
BODYPUMP 11 - 11:55 PM <i>Terri</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	BODYCOMBAT 9 - 9:55 AM <i>Terri</i>	BODYPUMP 11 - 11:55 PM <i>Mitsuko</i>	BODYFLOW 11 - 11:55 PM <i>Peggy</i>	HOT YOGA 4 - 5:30 PM <i>Melinda</i>
STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	BODYFLOW 10:30 - 11:30 AM <i>Mitsuko</i>	HATHA YOGA 4:30 - 5:30 PM <i>Judy</i>	CXWORX 10 - 10:30 AM <i>Terri</i>	STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i>	ZUMBA 12 - 1PM <i>Elizabeth</i>	
HOT YOGA 6 - 7:30 PM <i>Melinda</i>	HATHA YOGA 12 - 1:15 PM <i>Judy</i>	HOT YOGA 6 - 7:30 PM <i>Antonio</i>	BODYFLOW 10:30 - 11:30 AM <i>Mitsuko</i>		HOT YOGA FLOW 4 - 5:30 PM <i>Elizabeth</i>	
	YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Elizabeth</i>		HATHA YOGA 12 - 1:15 PM <i>Judy</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Guest Policy</p> <p>Please be sure to check in any guests at CVAC Front</p> </div>		
	BODYPUMP 6 - 7 PM <i>Terri</i>		YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Rosie</i>			
			BODYPUMP 6 - 7 PM <i>Natalie</i>			

FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STAY FIT 9 - 9:45 AM <i>Mitsuko</i>	QIGONG 9 - 9:45 AM <i>Joshua</i>	STAY FIT 9 - 9:45 AM <i>Mitsuko</i>	TAI CHI 9 - 9:45 AM <i>Joshua</i>	STAY FIT 9 - 10 AM <i>Mitsuko</i>	BARRE 10:30 - 11:20AM <i>Jordan</i>	
MAT PILATES 11 - 12 PM <i>Shauna</i>	BARRE 11 - 11:50 AM <i>Jordan</i>	MAT PILATES 11 - 12 PM <i>Leah</i>	BARRE 11 - 11:50 AM <i>Jordan</i>	MAT PILATES 11 - 12 PM <i>Shauna</i>		
ZUMBA 1:00-1:55PM <i>Freddie</i>	TAI CHI 5 - 5:45 AM <i>Joshua</i>	HIIT STRENGTH 5 - 5:45 PM <i>Elizabeth</i>	QIGONG 5-5:45PM <i>Joshua</i>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>BREAK THE CYCLE</p> <p>Saturday, August 11</p> <p>Get in shape and make a difference at CVAC's Break the Cycle event, our retro-inspired indoor cycling challenge to raise money and awareness for anti-bullying programs. Sign-up with the CVAC Concierge.</p> </div>		
HIIT STRENGTH 5 - 5:30 PM <i>Mitsuko</i>	BELLY DANCE FUSION 6-6:45PM <i>Stuti</i>	BELLY DANCE-FUSION 6 - 6:45 PM <i>Stuti</i>				
CXWORX 5:30 - 6 PM <i>Mitsuko</i>						
FUSION DANCE 6 - 6:45 PM <i>Elizabeth</i>						

POOL/
REFUGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Sabrina</i>	AQUA 10 - 11 AM <i>Mitsuko</i>		AQUA 10 - 11 AM <i>Annie</i>	AQUA 10 - 11 AM <i>Elizabeth</i>	
		AQUA YOGA 8:30 - 9:30 AM <i>Gina (Refuge)</i>		AQUA YOGA 8:30 - 9:30 AM <i>Gina (Refuge)</i>		



AUGUST

**CYCLE
STUDIO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM 6:00—6:45 AM	WATTS SPIN 6:00—6:45 AM <i>Jennifer</i>	VIRTUAL RPM 6:15—6:45 AM	VIRTUAL RPM 6:00—6:45 AM	HIIT SPIN 7:00—7:30 AM <i>Mitsuko</i>	RPM 8:00—8:45 AM <i>Mitsuko</i>	POWER SPIN 9:00—9:45 AM <i>Sehra</i>
SPIN & SCULPT 8:00—8:50 AM <i>Mitsuko</i>	RPM 7:00—7:45 AM <i>Kari</i>	SPIN & SCULPT 8:00—8:50 AM <i>Mitsuko</i>	WATTS SPIN 7:00—7:45 AM <i>Jennifer</i>	SPIN & SCULPT 8:00—8:50 AM <i>Diana</i>	SPIN INTRO 9:15—9:45 AM <i>Diana</i>	RPM 10:00—10:45 AM Diana / Nelly
VIRTUAL RPM 11:00—11:30 AM	POWER SPIN 9:30—10:15 AM <i>Sehra</i>	VIRTUAL RPM 11:00—11:30 aM	POWER SPIN 9:30—10:15 AM <i>Sehra</i>	VIRTUAL RPM 12:00—12:45 PM	POWER SCULPT 10:00—10:45 AM <i>Diana</i>	VIRTUAL RPM 1:00—1:45 PM
RPM 12:30—1:15 PM <i>Terri</i>	VIRTUAL RPM 11:00—11:30 AM	POWER SCULPT 12:00—12:45 PM <i>Diana</i>	VIRTUAL RPM 11:00—11:30 AM	VIRTUAL RPM 3:00—3:45 PM	VIRTUAL RPM 12:00—12:45 PM	VIRTUAL RPM 3:00—3:45 PM
VIRTUAL RPM 4:30—5:15 PM	HIIT SPIN 12:30—1:00 AM <i>Mitsuko</i>	VIRTUAL RPM 3:00—3:45 PM	HIIT SPIN 12:30—1:00 PM <i>Mitsuko</i>		VIRTUAL RPM 3:00—3:45 PM	
HIIT SPIN 6:00—6:30 PM <i>Jennifer</i>	POWER SCULPT 5:00—5:45 PM <i>Janka</i>	HIIT SPIN 4:30—5:00 PM <i>Janka</i>	VIRTUAL RPM 3:30—4:15 PM	<div style="border: 1px solid black; padding: 10px;"> <p>BREAK THE CYCLE—August 11</p> <p>Get in shape and make a difference at CVAC's Break the Cycle event, our retro-inspired indoor cycling challenge to raise money and awareness for anti-bullying programs. Sign-up with the CVAC Concierge.</p> </div>		
VIRTUAL RPM 7:00—7:45 PM	VIRTUAL RPM 7:00—7:45 PM	RPM 6:00—6:45 PM <i>Terri</i>	POWER SCULPT 5:00—5:45 PM <i>Janka</i>			
			VIRTUAL RPM 7:00—7:45 PM			

**TENNIS
CLINICS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					WOMEN'S C TEAM CLINIC 9:00 - 10:30 AM \$20 / Member <i>Alice</i>	
				DROPIN CLINIC 1:00 - 2:00 PM \$20 / Member <i>Brian</i>	LIVE BALL 11:00 - 12:00 PM \$20 / Member <i>Brian</i>	

**KIDS
CLINICS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARENT & TOT 1:00 - 1:40 PM \$15 / Member <i>Leah</i>	KIDS CARDIO 2:30 - 3:15 PM Free <i>Janka</i>		KIDS CARDIO 2:30 - 3:15 PM Free <i>Janka</i>			

**PILATES GROUP
CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member <i>Leah</i>	M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i>	INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i>	ADVANCED REFORMER 10:00 - 10:50 AM \$30 / Member <i>Paris</i>	
REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>	CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	ATHLETIC PILATES 12:00 - 12:50 PM \$30 / Member <i>Leah</i>	CLASSICAL M.E. 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i>	CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member <i>Shauna</i>		
	CLASSICAL M.E. 5:00 - 5:50 PM \$30 / Member <i>Trudy</i>	M.E. SCULPT 6:30 - 7:20 PM \$30 / Member <i>Leah</i>				