

JUNE

☼ = Specialty Class | ♦ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
1 9:00am -FIT & SPIN Mark 9am HIIT Elise	2 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark	3 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	4 6:00am - Bootcamp "T" 8:00am - Power Barre Kelli 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	5 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	6 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	7 8:00am Barre Kelli (spin room) 8:00am - Bootcamp Christine 9:00am - Spin Mike L 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Elise
8 9:00am -FIT & SPIN Damaris 9am HIIT Val	9 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark	10 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	11 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	12 6:00am - HIIT Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	13 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	14 8:00am Barre Kelly (spin room) 8:00am - Bootcamp Val 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
15 <i>HAPPY FATHER'S DAY</i> 9:00am -FIT & SPIN Damaris 9am HIIT Val	16 6:00am FIT & SPIN Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Kelly 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	17 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	18 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	19 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Carol 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	20 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	21 8:00am Barre Kelly (spin room) 8:00am - Bootcamp Jen 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
22 9:00am - FIT & SPIN Mike L 9am HIIT Val	23 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	24 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	25 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	26 6:00am -HIIT Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	27 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	28 8:00am Barre Kelly (spin room) 8:00am - Bootcamp Mike 9:00am - Spin Missy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
29 9:00am - FIT & SPIN Jen 9am HIIT Elise	30 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelly 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris				<i>School Weather Delays...</i> AM Group Fitness classes that start at 9:30am or after, will be delayed 1 hour (classes that begin before 9:30am & Aqua classes will be on time) Evening classes are not affected. AM Kids club delayed 1 hr Queen Anne's County <i>School Weather Closings...</i> AM Group Fitness classes & Kids Club are on time. In Extreme weather conditions please call or check facebook for any updates.	PM Group Fitness Classes & Kids Club will be at the discretion of the instructor, please call or check facebook If your child does not attend QAC schools, you may call the club in the morning or call BOE 410.758.2403

|

|

|

|

|

|