

# AUGUST 2017 POWER UP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ULTIMATE FITNESS PLUS</b> 425 S. Lincoln Dr. Troy, MO 63379 (636) 528-4227	1 8:15a Fit in 50-Strength 9:30a Silver Sneakers 5:30p Barbell City	2 8:15a Arms & Abs Butts & Guts 10:30a Aqua Fitness 5:30p POUND	3 8:15a Fit in 50-Cardio 9:30a Silver Sneakers 4:30p 50/50 (Cardio/Strength) 5:30p Tabata	4 5:15a Jen's Fit Mix 8:15a Gentle Yoga	5 7:00a H.I.R.T. 7:30a Waisted 8:15a Kickboxing
7 5:15a Cardio Ball 8:15a Simply Stretch 5:30p Dance Fit	8 8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15a PiYoga 5:30p Barbell City	9 8:15a Arms & Abs Butts & Guts 10:30a Aqua Fitness 5:30p Kickboxing	10 8:15a Fit in 50-Cardio 9:30a Silver Sneakers 4:30p Dance Fit/Barre 5:30p Tabata	11 5:15a BLT 8:15a Gentle Yoga	12 8:15a Piyoga
14 5:15a Jen's Fit Mix 8:15a Simply Stretch 5:30p Dance Fit	15 8:15a Fit in 50-Strength 9:30a Silver Sneakers 4:15a PiYoga 5:30p Barbell City	16 8:15a Arms & Abs Butts & Guts 10:30a Aqua Fitness 5:30p POUND	17 8:15a Fit in 50-Cardio 9:30a Silver Sneakers 4:30p 50/50 5:30p Tabata	18 5:15a Body Bar 8:15a Gentle Yoga	19 7:00a H.I.R.T. 7:30a Waisted
21 5:15a Pump It Up 8:15a Gentle Yoga 5:30p Dance Fit	22 8:15a Strength Video 9:30a Silver Sneakers 4:15a PiYoga 5:30p Barbell City	23 8:15a Video 5:30p Kickboxing	24 8:15a Dance Fit/Barre 9:30a Silver Sneakers 4:30p Dance Fit/Barre 5:30p Tabata	25 5:15a Interval 8:15a Gentle Yoga	26 7:00a H.I.R.T. 7:30a Waisted 8:15a Dance Fit/Barre
28 5:15a Cardio Fusion 8:15a Gentle Yoga 5:30p Dance Fit	29 8:15a Strength Video 9:30a Silver Sneakers 4:15a PiYoga 5:30p Barbell City	30 8:15a Video 5:30p POUND	31 8:15a Dance Fit/Barre 9:30a Silver Sneakers 4:30p Dance Fit/Barre 5:30p Tabata	<b>STAFFED HOURS:</b> Mon.-Thurs. 8a-7:30p Fri. & Sat. 8a-1p <b>DAYCARE HOURS:</b> Mon.-Fri. 8a-10a Saturday 7a-10a Mon.-Thurs. 4p-7p	