

Group X Classes



Monday

TIME	CLASS	INSTRUCTOR
9:00 AM 10:00 AM	Power Pump	Sassy Giles
10:00 AM 11:00 AM	Dance Fitness	Leigh Meinzer
11:00 AM 12:00 PM	Yoga+	John Wisher

Tuesday

TIME	CLASS	INSTRUCTOR
9:00 AM 10:00 AM	Pilates / Barre fusion	Megan Clark
10:00 AM 11:00 AM	Zumba	Julianne Denney
11:00 AM 11:30 AM	Barre	Julianne Denney

Wednesday

TIME	CLASS	INSTRUCTOR
9:00 AM 10:00 AM	Bootcamp	Charlotte Ludik
10:00 AM 11:00 AM	Hatha Flow Yoga	Ali Betts
4:30 PM 5:30 PM	Barre	Julianne Denney

Thursday

TIME	CLASS	INSTRUCTOR
9:00 AM 10:00 AM	Cardio Boxing	Sassy Giles
10:00 AM 11:00 AM	Hatha Flow Yoga	Ali Betts

Friday

TIME	CLASS	INSTRUCTOR
9:00 AM 10:00 AM	Pilates	Megan Clark
10:00 AM 11:00 AM	Beginner Yoga	John Wisher
11:00 AM 12:00 PM	Zumba	Julianne Denney

if you need to insert more time slots for a specific day right click the day number on the left hand side. Choose to either insert above or below the current selected row. You can now click on each of the blank fields to fill them with the information you choose.

To remove a row from a day simply right click the corresponding day number on the far left and click delete row.

To print, click, hold and drag from the heading down to the last row of the report. Once you have the cells you want to print selected, click the print button in the left corner. It will take you to a print preview where you will click the print field to show a drop down menu. In this menu click Selected Cells Only. You should now be able to click print!

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