



# AUGUST 2017 CLASS SCHEDULE

**SPINNAKER POINT HOURS OF OPERATION: MON - FRI: 6:00 AM - 8:00 PM & SATURDAY AND SUNDAY: 7:00 AM - 4:00 PM**

**PHONE: 766 - 1483 FAX: 766 - 1485 ADDRESS: 30 SPINNAKER WAY E-MAIL: TPBAILEY@CITYOFPORTSMOUTH.COM**



Sun

Mon

Tue

Wed

Thu

Fri

Sat

		<p><b>1</b> 7:10 am SPIN! 8:30 Aerobics 9-12: Pickleball if rain 10:30 YOGA Lizfit 5:30LizFit WOD 6:00 PM: Bike + Barre</p>	<p><b>2</b> 6:15 BODYSHRED 9am: Strength/Stretch 10-12:30: P.ball if rain  <b>*12:00 PM: SPIN</b> 6:00 SPIN-and ABS 6:15 BALLROOM</p>	<p><b>3</b> 6:00 am Bike and Barre 8:30-9:15 AEROBICS 10:00-11:00 TAI CHI 11AM-12PM: TAI CHI beginner 1:00 pm: Bone Builders 6:00 pm SPIN! 7 PM: DANCE EXERCISE</p>	<p><b>4</b></p> 	<p><b>5</b> 7:45 am SPIN 9am: Yogalates 9:00 Cardio Kickboxing 9:00 MYZONE Spin HIIT!</p> 
<p><b>6</b> 8:00 am SPIN-BATA! 12 pm QIGONG</p> 	<p><b>7</b> 9:00 Strength/Stretch 10-12:30: P. ball if rain Noon Bike + Barre 1:00 Bone Builders 5:15 pm - Stott Pilates 6:00 SPIN</p>	<p><b>8</b> 7:10 am SPIN! 8:30 Aerobics 9-10 am Aqua aerobics 9-12: Pickleball if rain 10:30 YOGA Lizfit 5:30LizFit WOD 6:00 PM: Bike + Barre</p>	<p><b>9</b> 6:15 BODYSHRED 9am: Strength/Stretch 10-12:30: P.ball if rain  <b>*12:00 PM: SPIN</b> 6:00 SPIN-and ABS 6:15 BALLROOM</p>	<p><b>10</b> 6:00 am Bike and Barre 8:30-9:15 AEROBICS 9-10 am: Aqua Aerobics 10:00-11:00 TAI CHI 11AM-12PM: TAI CHI beginner 1:00 pm: Bone Builders 6:00 pm SPIN! 7 PM: DANCE EXERCISE</p>	<p><b>11</b> 7:10 SPIN 9-11:30: P.ball if rain 9 am - Fit over 50 12 PM: Boxing Circuit</p> 	<p><b>12</b></p>  <p>7:45 am SPIN 9am: Yogalates 9:00 Cardio Kickboxing 9:00 MYZONE Spin HIIT!</p>
<p><b>13</b> 8:00 am SPIN-BATA! 12 PM—QIGONG</p> 	<p><b>14</b> 9:00 Strength/Stretch 10-12:30: P. ball if rain Noon Bike + Barre 1:00 Bone Builders 5:15 pm - Stott Pilates 6:00 SPIN</p>	<p><b>15</b> 7:10 Spin! 8:30 Aerobics 9-10 am: aqua aerobics 9-12: Pickleball if rain 10:30 YOGA Lizfit 6:00 Bike + Barre</p>	<p><b>16</b> 6:15 am: BODYSHRED 9:00 Strength/Stretch 10-12:30: Pickleball  <b>*12:00 PM: SPIN</b> 6:00 SPIN-and ABS 6:15 BALLROOM</p>	<p><b>17</b> 6:00 am Bike and Barre 8:30-9:15 AEROBICS 9-10 am: aqua aerobics 10:00-11:00 TAI CHI 11AM-12PM: TAI CHI beginner 1:00 pm: Bone Builders 6 pm SPIN 7 PM: DANCE EXERCISE</p>	<p><b>18</b></p>  <p>7:10 SPIN 9-11:30: Pic ball if rain 9 am - Fit over 50 12 pm Boxing Circuit</p>	<p><b>19</b> 7:45 am SPIN 9am: Yogalates 9:00 Cardio Kickboxing</p> 
<p><b>20</b> 8:00 am SPIN-BATA! 12 PM - QIGONG</p> 	<p><b>21</b> 9:00 Strength/Stretch 10-12:30: P. ball if rain Noon Bike + Barre 1:00 Bone Builders 5:15 pm - Stott Pilates 6:00 SPIN</p>	<p><b>22</b> 8:30 Aerobics 7:10 am SPIN! 9-12: Pickleball if rain 10:30 YOGA Lizfit 5:30: LizFit WOD 6:00 Bike + Barre</p>	<p><b>23</b> 6:15 am: BODYSHRED 9:00 Strength/Stretch 10-12:30: Pickleball if rain  <b>*12:00 PM: SPIN</b> 6:00 SPIN-and ABS 6:15 BALLROOM</p>	<p><b>24</b> 6:00 am Bike and Barre 8:30-9:15 AEROBICS 10:00-11:00 TAI CHI 11AM-12PM: TAI CHI beginner 1:00 pm: Bone Builders 6:00 pm SPIN! 7 PM: DANCE EXERCISE</p>	<p><b>25</b> 7:10 SPIN 9-11:30: Pick ball if rain 9 am - Fit over 50 12 pm Boxing Circuit 6:00 CLUB SPIN w/DJ</p>	<p><b>26</b></p>  <p>7:45 am SPIN 9am: Yogalates 9:00 Cardio Kickboxing 9:00 MYZONE Spin HIIT!</p>
<p><b>27</b> 8:00 am SPIN-BATA! 12 pm - QIGONG</p> 	<p><b>28</b> 9:00 Strength/Stretch 10-12:30: P. ball if rain Noon Bike + Barre 1:00 Bone Builders 5:15 pm - Stott Pilates 6:00 SPIN</p>	<p><b>29</b> 7:10 am SPIN! 8:30 Aerobics 9-12: Pickleball if rain 10:30 YOGA Lizfit 5:30LizFit WOD 6:00 PM: Bike + Barre</p>	<p><b>30</b> 6:15 am: BODYSHRED 9:00 Strength/Stretch 10-12:30: Pickleball  <b>*12:00 PM: SPIN</b> 6:00 SPIN-and ABS 6:15 BALLROOM</p>	<p><b>31</b> 6:00 am Bike and Barre 8:30-9:15 AEROBICS 10:00-11:00 TAI CHI 11AM-12PM: TAI CHI beginner 1:00 pm: Bone Builders 6:00 pm SPIN! 7 PM: DANCE EXERCISE</p>	<p>Fitness, Health &amp; Weight Loss</p> 	<p><b>*FREE SPINNING CLASS!</b>  Free for members every Wednesday at 12 noon!</p>