

AUGUST 2026

**WESTSIDE
FITNESS** 24
Lake of the Ozarks
Sunrise Beach, MO

**BACK
TO
SCHOOL!**

SUN	MON	TUE	WED	THU	FRI	SAT
PIRATES POINT 573-374-1260 Boat Rentals	August 31 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	FSC - FUNCTIONAL STRENGTH AND CONDITIONING IS A 45 MIN. GROUP FITNESS CLASS FOR ALL AGES AND FITNESS LEVELS. BUFFY AND MEGAN COACH MOVEMENTS FOR A BETTER LIFE. INTRO TO FSC: 30 MIN, FOR ANYONE NEW TO GROUP FITNESS. STRETCH CLASS: FULL-BODY STRETCH TO IMPROVE MOBILITY & FLEXIBILITY.				1 YOGA-Stretch 8:45am Kiersten
2 True Value HARDWARE STORES 573-374-9154 Sunrise Beach Live Bait	3 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	4 Cycling 8am Buffy Stretch 9am Kate YOGA 9:45am Colleen	5 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	6 Cycling 8:15am Buffy Stretch 9am Megan YOGA 9:45am Colleen	7 FSC 8am Buffy FSC 9am Buffy Intro FSC Kate 10am	8 YOGA-Stretch 8:45am Kiersten
9 Tufts Electric, LLC "We Know The Drill" Dock Inspections Dock Wiring Remodels Residential & Commercial Brian Tufts, Owner 573-374-1505 tuftselectric@gmail.com www.tuftselectric.com	10 FSC 8am Buffy FSC 9am Buffy Intro FSC Kate 10am	11 Cycling 8am Buffy Stretch 9am Kate YOGA 9:45am Colleen	12 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	13 Cycling 8:15am Buffy Stretch 9am Megan YOGA 9:45am Colleen	14 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	15 YOGA-Stretch 8:45am Kiersten
16 CLARY 573-374-5100 CONCRETE	17 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	18 Cycling 8am Buffy Stretch 9am Kate YOGA 9:45am Colleen	19 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	20 Cycling 8:15am Buffy Stretch 9am Megan YOGA 9:45am Colleen	21 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	22 YOGA-Stretch 8:45am Colleen
23 Bullock Septic Pumping 573-374-6688 They really know their Sh*t	24 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	25 Cycling 8am Buffy Stretch 9am Kate YOGA 9:45am Colleen	26 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	27 Cycling 8:15am Buffy Stretch 9am Megan YOGA 9:45am Colleen	28 FSC 8am Buffy FSC 9am Buffy Intro FSC Megan 10am	29 YOGA-Stretch 8:45am Kiersten Buffy's Strongwoman Contest in St. Louis