










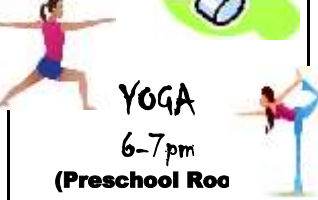










JULY Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am	BYOB:Bring your own ball	STRENGTH 6-7am		
	BALL 830-9am		BALL 830-9am		
	EASY DOES IT FIT PARTY 9-10AM		EASY DOES IT STRENGTH 9-10AM	WATER FITNESS 9-10 am Crowfield Pool	
STEP/SCULPT 930-1030am		TOTAL BODY 930-1030am		INTERVALS 930-1030am	
EASY DOES IT HII-LO 1035-1135am		EASY DOES IT CHAIR/MAT 1035-1135am		EASY DOES IT STRENGTH 1035-1135am	EASY DOES IT ZUMBA GOLD 1035-1135am
CLIMBING WALL 930am -12/4-8pm	CLIMBING WALL 4-8pm	CLIMBING WALL 930am-12/4-8pm	CLIMBING WALL 4-8pm	CLIMBING WALL 930am-12/4-8pm	SAT., & SUN. CLIMBING WALL 11am-4pm
 CHILDCARE 530-845pm Conference Room	CHILDCARE 530-845pm (Preschool Room)	CHILDCARE 530-845pm Conference Room	CHILDCARE 530-845pm Preschool Room)		
STEP/WEIGHTS 530-630pm	 530-615pm	SUPER STEP 530-630pm	 SPIN 530-615pm		
 YOGA 6-7pm (Preschool Roo)		 		 	
WERQ 6:30-7:30pm	 WATER AEROBICS	PIYO 7-8PM (Preschool Room)	WERQ 6:30-7:30pm		
WATER FITNESS 7-8 pm Crowfield Pool		WATER FITNESS 7-8 pm Crowfield Pool			
BARRE 730-815pm	ZUMBA 730-830pm	ZUMBA 730-830pm			FEES ON BACK