

JULY Fitness Classes (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am		
STEP/SCULPT 9:30-10:30am	EASY DOES IT 9-10AM FIT PARTY	TOTAL BODY 9:30-10:30am	EASY DOES IT 9-10AM STRENGTH	INTERVALS 9:30-10:30am	
	BALL 10-10:30AM 	Restorative YOGA 10-10:45am	BALL 10-10:30AM 		
EASY DOES IT HII-LO 10:35-11:35am	EASY DOES IT CHAIR/MAT 10:35-11:35am	EASY DOES IT STRENGTH 10:35-11:35am	EASY DOES IT ROTATION 10:35-11:35am	EASY DOES IT TAI CHI 10:35-11:35am	
CHILDCARE 3-7:30pm	CHILDCARE 3-7:30pm	CHILDCARE 3-7:30pm	CHILDCARE 3-7:30pm		
 INTERVAL 5:30-6:30pm	 SPIN 5:30-6:15pm AEROBIC ROOM	 SUPER STEP 5:30-6:30pm	SPIN 4:15-5pm 		
YOGA 6-7pm 	YOGA 6-7pm 	CORE 6:30-7pm 	YOGA 6-7pm WERQ 6-7pm		
WERQ 6:30-7:30pm	ZUMBA 6:30-7:30pm	SPIN 6:30-7:15pm AEROBIC ROOM		LINE DANCE 6:30-7:30PM 	
	PILATES 7-7:45pm 	PIYO 7-8PM			
BARRE 7:30-8:15pm		ZUMBA 7:30-8:30pm			FEES ON BACK