

## JULY Fitness Classes (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>EASY DOES IT</b> TAI CHI 9-10am</p>	<p><b>STRENGTH</b> 6-7am</p> <p><b>EASY DOES IT</b> FIT PARTY 9-10am</p>		<p><b>STRENGTH</b> 6-7am</p> <p><b>EASY DOES IT</b> STRENGTH 9-10am</p>		
<p><b>STEP/SCULPT</b> 9:30-10:30am</p> 		<p><b>TOTAL BODY</b> 9:30-10:30am</p> <p><b>EASY DOES IT</b> <i>BALANCE</i> 9:30-10am</p>		<p><b>INTERVAL</b> 9:30-10:30am</p> 	
	<p><b>BALL</b> 10:05-10:35AM</p>	<p><b>CHAIR</b> YOGA 10-10:45am</p>	<p><b>BALL</b> 10:05-10:35AM</p>		
<p><b>EASY DOES IT</b> HI-LO 10:35-11:35am</p>	<p><b>EASY DOES IT</b> <i>BALANCE</i> 10:35-11:05am</p>	<p><b>EASY DOES IT</b> STRENGTH 10:35-11:35am</p>	<p><b>EASY DOES IT</b> Zumba Gold 10:35-11:35am</p>	<p><b>EASY DOES IT</b> TAI CHI 10:35-11:35am</p> 	
<p><b>STEP &amp; STRENGTH</b> 5:30-6:30pm</p>	<p><b>F.I.R.E.</b> 530-630pm</p>	<p><b>INTERVAL</b> 5:30-6:30pm</p>	<p><b>BARRE</b> 530-6:30pm</p>		
<p><i>Yogalates</i> 6-6:45pm</p> 	<p><b>YOGA</b> 6-7pm</p>	 <p><b>ABC'S</b> arms, butt, core 6:30-7:15pm</p>	<p><b>YOGA</b> 6-7pm</p> 		
<p><b>WERQ</b> 6:30-7:30pm</p>	<p><b>ZUMBA</b> 6:30-7:30pm</p>		<p><b>WERQ</b> 6:30-7:30pm</p>	<p><b>LINE DANCE</b> 6:30-7:30PM</p>	
<p><b>CORE</b> 6:45-7:15pm</p> 		<p><b>SPIN</b> 6:45-7:30</p>			
<p><b>BARRE</b> 7:15-8pm</p>	<p>Pilates 7-8pm</p> 	<p><b>BLT</b> 7:15-8pm</p> <p><b>ZUMBA</b> 7:30-8:30pm</p>			<p><b>FEES ON BACK</b></p>