

**Must be signed up for early morning classes
by 9pm the night before*

Fitness Class Calendar July 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30--11:20am Midweek Body Blast 5:15-6:05pm	2 Stretch & Flex 6:45-7:35am* Core & More 8-8:50am Cardio Drumming 9-9:50am	3 Full Body Fitness 10:30-11:20am	4 *CLOSED* INDEPENDENCE DAY
5 No Class on Sunday	6 No Class	7 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Row-n-Go 11:30-12:15pm	8 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30--11:20am Midweek Body Blast 5:15-6:05pm	9 No Class	10 Full Body Fitness 10:30-11:20am	11 No Class
12 No Class on Sunday	13 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30-11:20am	14 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Row-n-Go 11:30-12:15pm	15 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30-11:20am Midweek Body Blast 5:15-6:05pm	16 Stretch & Flex 6:45-7:35am* Core & More 8-8:50am Cardio Drumming 9-9:50am	17 Full Body Fitness 10:30-11:20am	18 *BOOTCAMP 8:15AM-9:00AM Cardio Drumming 9:15am-10:05am
19 No Class on Sunday	20 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30-11:20am	21 Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am Row-n-Go 11:30-12:15pm	22 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30-11:20am	23 Stretch & Flex 6:45-7:35am* Core & More 8-8:50am Cardio Drumming 9-9:50am	24 Full Body Fitness 10:30-11:20am	25 *BOOTCAMP 8:15AM-9:00AM Cardio Drumming 9:15am-10:05am
26	27 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30-11:20am	28 <i>Outdoor Class Day!</i> Cardio Drumming 6:45-7:35am* Senior Fit 8-8:50am Cardio Drumming 9-9:50am	29 *BOOTCAMP 6:30am-7:15am Full Body Fitness 10:30-11:20am	30 Stretch & Flex 6:45-7:35am* Core & More 8-8:50am Cardio Drumming 9-9:50am	31 No Class	

Please sign up at the front desk or call 337-7000 at least 1 hour before class time ☺