



Fit for Life 24

Group Fitness Classes - August

*New Class *Substitute Class

*Canceled Class *Paid Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:15a-9:15 Step Interval - Elbert	2 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Katelin	3 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
				6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
4 No Classes	5 8:30a-9:30 BodyPump - Rachael	6 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	7 8:30a-9:30 Zumba - Bobby	8 8:15a-9:15 Step Interval - Bobby	9 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Katelin	10 8:30a-9:30 BodyPump - Lisa 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Zumba - Chanel	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
11 No Classes	12 8:30a-9:30 BodyPump - Rachael	13 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	14 8:30a-9:30 Zumba - Bobby	15 8:15a-9:15 Step Interval - Elbert	16 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Katelin	17 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 Yoga - Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	



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18 No Classes	19 8:30a-9:30 BodyPump – Rachael	20 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	21 8:30a-9:30 Zumba – Bobby	22 8:15a-9:15 Step Interval – Bobby	23 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Hannah	24 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
25 No Classes	26 8:30a-9:30 BodyPump – Rachael	27 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	28 8:30a-9:30 Zumba – Bobby	29 8:15a-9:15 Step Interval – Elbert	30 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Hannah	31 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 Yoga – Katelin 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	