



Fit for Life 24

Group Fitness Classes - July

*New Class *Substitute Class
 *Canceled Class *Paid Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30a-9:30 BodyPump – Rachael	2 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	3 8:30a-9:30 Zumba – Bobby	4 <i>No Classes</i> Happy Independence Day! <i>No Classes</i>	5 <i>No Classes</i> Happy Independence Day! <i>No Classes</i>	6 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
	5:30p-6:30 Yoga - Katelin 6:30p-7:30 Zumba – Chanel	6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)			KidsCare is Closed! Childcare will NOT be available Saturday
7 <i>No Classes</i>	8 8:30a-9:30 BodyPump – Rachael	9 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	10 8:30a-9:30 Zumba – Bobby	11 8:15a-9:15 Step Interval – Bobby	12 8:30a-9 Combat - Lisa 9:45a-10:45 Yoga - Hannah	13 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Heather
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	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)	
14 <i>No Classes</i>	15 8:30a-9:30 BodyPump – Elbert	16 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	17 8:30a-9:30 Zumba – Bobby	18 8:15a-9:15 Step Interval – Elbert	19 8:30a-9 Grit - Canceled 9:45a-10:45 Yoga - Hannah	20 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Katelin
	5:30p-6:30 BodyPump – Heather 6:30p-7:30 Zumba – Chanel	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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