



## Group Fitness Classes - June

\*New Class \*Substitute Class

\*Canceled Class \*Paid Class

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



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| SUNDAY                        | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|-------------------------------|--|---|--|--|--|--|
| <b>16</b><br>No<br>Classes    | <b>17</b><br><b>8:30a-9:30</b><br>BodyPump – Rachael                           | <b>18</b><br><b>8:00a-8:30</b><br>Grit Strength – Bobby<br><b>8:30a-9</b><br>Stretch&Mobility-Bobby | <b>19</b><br><b>8:30a-9:30</b><br>Zumba – Bobby                        | <b>20</b><br><b>8:15a-9:15</b><br>Step Interval – Elbert | <b>21</b><br><b>8:30a-9</b><br>Grit - Rachael<br><b>9:45a-10:45</b><br>Yoga - Hannah | <b>22</b><br><b>8:30a-9:30</b><br>BodyPump - Bobby<br><b>10a-11</b><br>Yoga - Katelin  |
|                               | <b>5:30p-6:30</b><br>BodyPump – Heather<br><b>6:30p-7:30</b><br>Zumba – Chanel | <b>6:30p-7:30</b><br>BodyCombat - Ashley  | <b>6:00p-7:00</b><br>KickBoxing - Xay &<br>Jared ( <b>Paid Class</b> ) | <b>6:30p-7:30</b><br>Dance Fitness - Dwight              | <b>6:00p-7:00</b><br>KickBoxing - Xay &<br>Jared ( <b>Paid Class</b> )               |  |
| <b>23/30</b><br>No<br>Classes | <b>24</b><br><b>8:30a-9:30</b><br>BodyPump – Rachael                           | <b>25</b><br><b>8:00a-8:30</b><br>Grit Strength – Bobby<br><b>8:30a-9</b><br>Stretch&Mobility-Bobby | <b>26</b><br><b>8:30a-9:30</b><br>Zumba – Bobby                        | <b>27</b><br><b>8:15a-9:15</b><br>Step Interval – Bobby  | <b>28</b><br><b>8:30a-9</b><br>Grit - Rachael<br><b>9:45a-10:45</b><br>Yoga - Hannah | <b>29</b><br><b>8:30a-9:30</b><br>BodyPump - Elbert<br><b>10a-11</b><br>Yoga - Katelin |
|                               | <b>5:30p-6:30</b><br>BodyPump – Heather<br><b>6:30p-7:30</b><br>Zumba – Chanel | <b>6:30p-7:30</b><br>BodyCombat - Ashley  | <b>6:00p-7:00</b><br>KickBoxing - Xay &<br>Jared ( <b>Paid Class</b> ) | <b>6:30p-7:30</b><br>Dance Fitness - Dwight              | <b>6:00p-7:00</b><br>KickBoxing - Xay &<br>Jared ( <b>Paid Class</b> )               |  |