

# Fit for Life 24 Group Fitness

# JULY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
5:30-6:30am		BODYPUMP Kelly		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	DANCE FITNESS Morgan			ZUMBA Chris	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT UB	HAPPY JULY 4 <sup>TH</sup> ! NO CLASSES	BODYJAM NO CLASS SMARTFIT BOOTCAMP	CYCLING Garrett SMARTFIT HIIT LB	BODYCOMBAT Lisa SMARTFIT HIIT TB
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Christy	ZUMBA Stephanie
4:45-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT LB		BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST				
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT LB CYCLING Garrett		ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie		HIP HOP Stephanie		
	9	10	11	12	13	14
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	DANCE FITNESS Morgan	CREATIVE CORE Kristen		ZUMBA Chris	BODYPUMP Kelly
9:30-10:30am	BODYPUMP Morgan SMARTFIT BOOTCAMP	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT BOOTCAMP	BODYCOMBAT Jessica R SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Kelly		SENIOR FIT Kelly	BODYPUMP Kourtney	ZUMBA Chanel
4:45-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	BODYCOMBAT Heather SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT HIIT TB		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Jessica R SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Kevin	CYCLING Rhonda ZUMBA/BODYJAM Chanel SMARTFIT HIIT LB	ZUMBA Chanel CYCLING Kevin SMARTFIT BOOTCAMP		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	16	17	18	19	20	21
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen		ZUMBA Natalia	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Morgan SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT UB	BODYPUMP Morgan SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT LB	CYCLING Garrett SMARTFIT HIIT TB	BODYCOMBAT Lisa SMARTFIT HIIT TB
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Morgan	ZUMBA Stephanie
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7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	23	24	25	26	27	28
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen		ZUMBA Chanel	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Lisa CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Rachael SMARTFIT BOOTCAMP	BODYJAM NO CLASS SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT BOOTCAMP	BODYCOMBAT Lisa SMARTFIT BOOTCAMP
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7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	30	31	1	2	3	4
5:30-6:30am		BODYPUMP Kelly		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen		ZUMBA Natalia	BODYPUMP Kelly
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT HIIT LB	BODYCOMBAT Jessica R SMARTFIT HIIT TB
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Questions or concerns? Please contact Morgan Hazelwood, Group Fitness Director at [morganffl24@yahoo.com](mailto:morganffl24@yahoo.com). All SMARTFIT classes in GREEN are held at our Highway 33 location. Anyone can try out a class for free, just call 252.689.6277 and set up an appointment!