



JULY 2019

Schedule JULY 1 - AUG 2

Any class with less than 6 in attendance is revamped for the next mth or removed from calendar

MONDAY

5:00 AM Cardio Bootcamp
8:30 AM Kallie Kombo

4:30PM Dance & Tone
5:30 PM Interval Combo
SIGNUP Special Session WATER

TUESDAY

8:30 AM Melanie Mashup 30/30
8:30 AM Express SPIN
9:00 AM Express SPIN

5:30 PM Just Dance
6:30 PM Intro to YOGA

WEDNESDAY

5:00 AM Weights Bootcamp
8:30 AM Hip Hop Abs
SIGNUP Special Session WATER
5:30 PM SPIN with Sim
5:30 PM Butts&Guts&Cardio
5:30PMs have 30/30 option

THURSDAY

8:30 AM Let's LIFT IT
4:30 PM Out The Box
5:30 PM Restorative Yoga

FRIDAY

5:00 AM CIRCUIT Bootcamp
8:30 AM Hip Hop Tone
9:30 AM Barre Necessities

SATURDAY *July 13 Yoga*

8:30 AM Interval Combo 6,20,27

DAYCARE HOURS

MON WED FRI 8:15 - 10:45 AM
TUES THU SAT 8:15 - 10 AM
MON TH 4:15 - 6:45 PM
TUES WED 5:15 - 6:45 PM

JULY MONTHLY UPDATE

LAST Ssn of Kids Camp July 15-19
SWIM LESSONS also available
Call or come by to sign up

JULY Sale: 20% off red, white & blue

Shake of the Month: Berry Blast
First MONDAY of the MONTH
SPIN AT 5am Circuit/Spin upstairs!
Teenage Boys & Girls Classes
GYM JR CLASSES

WEIGHT ROOM SESSIONS

Participate in the travel challenge!
Water Aerobics Sign up at DESK