



# JULY 2010 CLASS SCHEDULE

Mon	Tue	Wed	Thu	Sat
			1 8:00am Stretch & Tone- Brenda 6:00pm Fat Burner- Grey 6:30pm Spin- Donna	3  <b>No Classes</b>
5  <b>No Classes</b>	6  <b>No Classes</b>	7 6:00am Abs & Back 10:30am Silver Sneakers- Valerie/ Terry12:10pm Conditioning Valerie 6:00pm Zumba- Brenda 7:00pm Kickboxing- Traci	8 8:00am Stretch & Tone- Brenda 6:00pm Fat Burner- 6:30pm Spin- Donna	10 8:00am Zumba- Terry 10:00am Equipment Orientation- Rick
12 10:30 am Silver Sneakers- Brenda 12:10pm Conditioning- Valerie 6:00pm Zumba- Alexis 7:00pm Muscle Pump- Traci 7:00 pm Beginner Spin- William	13 8:00am Body Sculpt- Brenda 5.50pm Cardio-Dance- Emily 7:00pm Yoga/Pilates- Katy	14 6:00am Abs & Back 10:30am Silver Sneakers- Valerie/Terry 12:10pm Conditioning Valerie 6:00pm Zumba- Terry 7:00pm Kickboxing- Traci	15 8:00am Stretch & Tone- Brenda 6:00pm Fat Burner- 6:30pm Spin- Donna	17 8:00am Zumba- Terry 10:00am Equipment Orientation- Rick
19 10:30 am Silver Sneakers- Brenda 12:10pm Conditioning- Valerie 6:00pm Zumba- Alexis 7:00pm Muscle Pump- Traci 7:00 pm Beginner Spin- William	20 8:00am Body Sculpt- Brenda 5.50pm Cardio-Dance- Emily 7:00pm Yoga/Pilates- Katy	21 6:00am Abs & Back 10:30am Silver Sneakers- Valerie/Terry 12:10pm Conditioning Valerie 6:00pm Zumba- Brenda 7:00pm Kickboxing- Traci	22 8:00am Stretch & Tone- Brenda 6:00pm Fat Burner- 6:30pm Spin- Donna	24 8:00am Zumba- Terry 10:00am Equipment Orientation- Rick
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Red Denotes Spin Classes

\*\*All classes are subject to change without notice