

July 2014

HAPPY 4TH OF JULY! FITNESS, DANCE, AND EXERCISE SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

July 2014							August 2014						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
6	7	1	2	3	4	5	3	4	5	6	7	1	2
13	14	8	9	10	11	12	10	11	12	13	14	8	9
20	21	15	16	17	18	19	17	18	19	20	21	22	16
27	28	22	23	24	25	26	24	25	26	27	28	29	23
		29	30	31			31						30

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jun 30	Jul 1	2	3	4
Jun 30 - Jul 4		9:00am Tai Chi Chih w/Dan	10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne	10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	Center Closed Independence Day
	7	8	9	10	11
Jul 7 - 11	10:30am Shaping Up - Sitting Down w/Lisa	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne
	14	15	16	17	18
Jul 14 - 18	Christmas in July - 9:00am - 3:30pm 9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	Christmas in July - 9:00am - 3:30pm 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	Christmas in July - 9:00am - 3:30pm 9:00am Pump it Up w/Maria 10:30am Feeling Great Video	Christmas in July - 9:00am - 3:30pm 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	Christmas in July - 9:00am - 3:30pm 10:30am Shaping Up - Sitting Down w/Lisa
	21	22	23	24	25
Jul 21 - 25	10:30am Shaping Up - Sitting Down w/Lisa	11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne	9:00am Yoga w/ Maria	10:30am Shaping Up - Sitting Down w/Lisa 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne
	28	29	30	31	Aug 1
Jul 28 - Aug 1	9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne 2:30pm Total Body Solution Beg. w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty	