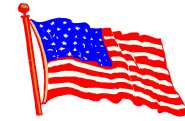
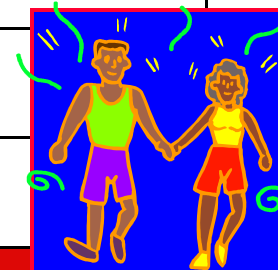




July Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM		Boot Camp w/Calina		Boot Camp w/Calina			
5:45 AM		X-Biking w/Alicia (High Intensity)		X-Biking w/Alicia (High Intensity)			
8:00 AM						Boot Camp w/Calina	
9:00 AM	High Impact Step w/Ramona	Sculpting Aerobics w/Ramona	Step and Lift w/Ramona	Sculpting Aerobics w/Ramona	Boot Camp w/Ramona	Cardio Salsa w/Ramona X-Biking w/Rotating Instructors	
9:30 AM		X-Biking w/Molly (Intermediate)					
10:00 AM						Pilates w/Linda	
12:15 PM	X-Biking Alicia		X-Biking Alicia				
4:30 PM	Cross Training w/Calina	Cardio Kickboxing w/Ramona	Cross Training w/Calina	Cardio Kickboxing w/Ramona			
5:30 PM	Cardio Salsa w/Ramona X-Biking w/Renee	Pilates w/Linda	Cardio Salsa w/Ramona	Pilates w/Linda			
6:00 PM		X-Biking w/Caryn		X-Biking w/Caryn			
6:30 PM	Body/Sculpting w/Sara		Body/Sculpting w/Sara				



*** ALL CLASSES ARE NOW CO-ED!!! ***