

July 2010

No. 6671 P. 2/2

Jul. 12. 2010 8:52AM pro health rehab

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AEROBICS				1 5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	2 5:15 Spin 9:45 Yoga Gold 11:00 SilverSneakers 6:00 Circuit	3 NO CLASS
4 NO CLASSES	5 NO CLASSES	6 5:30 BootCamp 12:30 Cardio Abs 5:30 Spin 5:30 Kickboxing	7 5:15 Spin 9:00 Cardio Abs 10:00 Zumba Gold 11:00 SilverSneakers 12:30 Spin 5:30 Zumba	8 5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	9 5:15 Spin 9:45 Yoga Gold 11:00 SilverSneakers 6:00 Circuit	10 9:00 Zumba
11 5:15 BODYPUMP 9:00 Cardio Abs 10:00 Zumba Gold 11:00 SilverSneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	12 NO CLASSES	13 5:30 BootCamp 12:30 Cardio Abs 5:30 Spin 5:30 Kickboxing	14 5:15 Spin 9:00 Cardio Abs 10:00 Zumba Gold 11:00 SilverSneakers 12:30 Spin 5:30 Zumba	15 5:15 BODYPUMP 12:30 Yoga 5:30 Spin	16 5:15 Spin 9:45 Yoga Gold 11:00 SilverSneakers 6:00 Circuit	17 9:00 Spin
18 5:15 BODYPUMP 9:00 Cardio Abs 10:00 Zumba Gold 11:00 SilverSneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	19 NO CLASSES	20 5:30 BootCamp 12:30 Cardio Abs 5:30 Spin 5:30 Kickboxing	21 5:15 Spin 9:00 Cardio Abs 10:00 Zumba Gold 11:00 SilverSneakers 12:30 Spin 5:30 Zumba	22 5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	23 5:15 Spin 9:45 Yoga Gold 11:00 SilverSneakers 6:00 Circuit	24 9:00 BODYPUMP
25 5:15 BODYPUMP 9:00 Cardio Abs 10:00 Zumba Gold 11:00 SilverSneakers 12:30 Spin 5:30 Zumba 6:15 BODYPUMP	26 NO CLASSES	27 5:30 BootCamp 12:30 Cardio Abs 5:30 Spin 5:30 Kickboxing	28 5:15 Spin 9:00 Cardio Abs 10:00 Zumba Gold 11:00 SilverSneakers 12:30 Spin 5:30 Zumba	29 5:15 BODYPUMP 12:30 Yoga 5:30 Spin 5:30 BODYPUMP	30 5:15 Spin 9:45 Yoga Gold 11:00 SilverSneakers 6:00 Circuit	31 9:00 Zumba