Evangenear Comm	unity 110spital 1 tiless Cen	see the front d	esk to <b>John our Chian hist</b> to stay up to	date on what's happening, class car	nechations, changes, etc.			
JULY 2013-GROUP FITNESS ROOM								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
1 8:30- Pure Strength w/ Deb 10:30 – Integral Yoga w/Dawn S.  12:15 pm – Forever Fit w/ Janice 4:30- Step w/ Richelle 5:30- Body Pump™ w/Jess J. 6:30- Just ABS w/ Jess J.	2 6am- Pure Strength w/ Sonya 8:30- Cardio Attack w/ Jody 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather  4:30- Booty Barre® w/ Clayton 5:30- Body Combat™ w/Jess B. 6:30- Yogafit w/ Cathy	3 6am- Step & Shape w/ Sonya 9:30-CORE & Glide w/ Janice 10:30- Integral Yoga w/ Dawn 12:00pm: Chair Yoga w/ Dawn 4:30- Tabata w/ Richelle 5:30- Body Pump™ w/Jess B. 6:30- Just ABS w/ Jess B.	4 Closed for July 4 <sup>th</sup> ! Enjoy the day with your friends and family!	5 6am-Cardio Attack w/ Jody 8:30-Yogafit w/ Deb 9:30-No Class  12:15 pm — Forever Fit w/ Janice	6 8am- Pure Strength w/ Meg 9- Bootcamp w/ Meg 10- Yogafit w/ Cathy			
15 min		15 min						
8 8:30- No Class 10:30- Integral Yoga w/Dawn S.  12:15 pm - Forever Fit	9 6am- Body Pump™ w/Jess B. 8:30- Cardio Mash-Up w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather  4:30- Cardio Attack w/ Jody 5:30- Body Pump™ w/Jess J. 6:30- Yogafit w/ Cathy	10 6am- Ball Blast w/ Sonya 9:30-HiLo & Sculpt w/ Janice 10:30- Integral Yoga w/ Dawn 12:00pm: Chair Yoga w/ Dawn 4:30- Zumba® w/ Richelle 5:30- Body Combat™ w/Jess B. 6:30- Just ABS w/ Jess B. 15 min	6am- Step & Sculpt w/ Sonya 8:30- Hi Lo Dance w/ Heather 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather 4:00-No Class 5:30- Booty Barre® w/ Clayton 6:30- No Class	12 6am- Body Combat™ w/Jess B. 8:30-Pure Strength w/ Richelle 9:30- No Class  12:15 pm - Forever Fit w/ Janice	13  8am- Body Pump™  w/ Jess B.  9- Zumba®  w/ Jess J.  10- Yogafit  w/ Cathy			
15 8:30- HiLo Dance w/ Heather 10:30-Integral Yoga w/Dawn S.  12:15 pm − Forever Fit w/Cindy 4:30- Booty Barre® w/ Clayton 5:30- Body Pump™ w/Jess J. 6:30- Just ABS w/ Jess J. 15 min	16 6am- Pure Strength w/ Sonya 8:30 – Kettlebells w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather 4:30- Pure Strength w/ Meg 5:30- Zumba® w/ Melanie 6:30- Yogafit w/ Cathy	17 6am- Sweat Express w/ Sonya 9:30-HiLo & Glide w/ Janice 10:30- Integral Yoga w/Dawn 12:00pm: Chair Yoga w/ Dawn 4:30- Bootcamp w/ Melanie 5:30- Body Pump™ w/Jess B. 6:30- Just ABS w/ Jess B. 15 min	18 6am- Body Pump™ w/Jess J. 8:30- Step w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather 4:00-Gentle Yoga w/ Deb 5:30- Bodyweight Conditioning w/ Clayton 6:30- Yogafit w/ Cathy	19 6am- Boot camp w/ Meg 8:30- Body Pump™ w/ Roni 9:30-No Class  12:15 pm - Forever Fit w/ Janice	20  8am- Body Pump™ w/Jess J.  9- Body Combat™ w/Jess B.  10- Yogafit w/ Deb			
22 8:30- Hi Lo Dance w/ Heather 10:30 – Integral Yoga w/DawnS.  12:15 pm – Forever Fit w/Janice 4:30- Tabata w/ Richelle 5:30- Body Combat™ w/Jess B. 6:30- Just ABS w/ Jess B. 15 min	23 6am- Body Pump™ w/Jess B. 8:30-Boot camp w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather  4:30- Pure Strength w/ Meg 5:30- Body Pump™ w/Jess J. 6:30 - Yogafit w/ Cathy	24 6am- Step & Shape w/ Sonya 9:30-No Class 10:30-Integral Yoga w/Dawn 12:00pm: Chair Yoga w/ Dawn 4:30-Step w/ Deb 5:30- Zumba® w/ Melanie 6:30- Just ABS w/ Melanie 15 min	25 6am- Pure Strength w/ Meg 8:30- Zumba® w/ Richelle 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather 4:00-No Class 5:30- Body Pump™ w/Jess B. 6:30- Yogafit w/ Cathy	26 6am: Boot camp w/ Sonya 8:30- Step & Shape w/ Roni 9:30- Yogafit w/Deb  12:15 pm - Forever Fit w/ Janice	27 8am- Pure Strength w/ Jody 9-No Class 10- Yogafit w/ Cathy			
29 8:30am- Body Combat™ w/Jess B. 10:30 – Integral Yoga w/DawnS.  12:15 pm - Forever Fit w/Janice 4:30- HiLo Dance w/ Deb 5:30- Step & Sculpt w/ Richelle 6:30- Just ABS w/ Richelle 15 min	30 6am- Step & Sculpt w/ Sonya 8:30- Kettlebells w/ Maria 9:30- Strong & Stable w/ Heather 10:30- CORE Basics w/Heather 4:30-Boot camp w/ Meg 5:30- Zumba® w/ Melanie 6:30- Yogafit w/ Cathy	31 6am- Step & CORE w/ Sonya 9:30- HiLo & CORE w/ Janice 10:30-Integral Yoga w/Dawn 12:00pm: Chair Yoga w/ Dawn 4:30- Body Combat™ w/Jess B. 5:30- Body Pump™ w/Jess B. 6:30- Just ABS w/ Jess B. 15 min	NEW Start time for Chair Yoga: NOON! See reverse side for SPIN schedule	Complimentary week passes are available at the Fitness Center desk! Bring a friend!				

See the front desk to join our email list to stay up to date on what's happening, class cancellations, changes, etc.

JULY 2013-SPIN® ROOM								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<b>1</b> <b>6am</b> - w/Jody	2	<b>3 6am</b> - w/Jody	4	5	6			
	Noon SPIN w/ Cindy		Closed for July 4 <sup>th</sup> ! Enjoy the day with your friends and	6am- w/Lis	9am-w/Lis			
<b>6:30pm</b> – w/Erin	5:30pm-w/ Cathy	<b>6:30pm</b> – w/Cathy	family!					
6am-w/Lis	9	10 6am- w/Jody	11	12 6am- w/Lis	<b>13</b> <b>9am-</b> w/ Jody			
	Noon SPIN w/ Cindy		Noon SPIN w/ No Class					
<b>6:30pm</b> – w/ Michelle	<b>5:30pm</b> - w/Cathy	<b>6:30pm</b> – w/Jesse	5:30pm-w/ Jesse					
<b>15 6am</b> - w/Lis	16	<b>17</b> <b>5:45am</b> - w/Cathy	18	19	20			
	Noon SPIN w/ Cindy		Noon SPIN w/ Cindy	6am- w/ Lis	9am-w/Erin			
<b>6:30pm</b> – w/ Jesse	5:30pm-w/Cathy	<b>6:30pm</b> – w/Jesse	5:30pm-w/Erin					
<b>22</b> <b>6am</b> - w/Jody	23	24 6am- w/Jody	25	<b>26 6am</b> - w/ Jody	<b>27</b> <b>9am-</b> w/Cathy & Jody			
	Noon SPIN w/ Cindy		Noon SPIN w/ Cindy	constant and stands	Karaoke Spin Come and sing along to a rockin' playlist. Participation is			
<b>6:30pm</b> – w/Jesse	5:30pm-w/Cathy	<b>6:30pm</b> – w/Erin	<b>5:30pm</b> -w/Jesse		voluntary!			
29 6am-w/Lis	30 Noon SPIN w/ Cindy	<b>31</b> <b>6am-</b> w/Jody	60 min SPIN® every Sunday @ 11:15am: 7 <sup>th-Cathy</sup> 14 <sup>th-Michelle</sup> 21 <sup>st-Erin</sup>	Sunday, July 14 <sup>th</sup> 90 minute	Complimentary week passes are available at the Fitness Center desk! Bring a friend!			
<b>6:30pm</b> – w/Jody	5:30pm-w/Cathy	<b>6:30pm</b> – w/Cathy	28th-Cathy	for the challenge??	Dring a friena:			