



# July 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>2</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa)	<b>3</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>4</b> <b>INDEPENDENCE DAY</b> <b>NO CLASS</b>	<b>5</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>6</b>
<b>7</b>	<b>8</b> 9:00 Barre (Shannon) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>9</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 <b>NO CLASS</b>	<b>10</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>11</b> 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Carol) 6:45 <b>NO CLASS</b>	<b>12</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>13</b> 8:00 Track & Trail (Shannon)
<b>14</b>	<b>15</b> 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>16</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Carol) 6:45 Zumba (Emily)	<b>17</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>18</b> 9:00 Body Pump (Jessica) 10:30 Fit for Life (Danielle) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>19</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>20</b>
<b>21</b>	<b>22</b> 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>23</b> 9:00 Spin 10:30 Fit For Life (Jessica) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>24</b> 9:30 Power Camp / Kettlebell (Shannon) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:15 Power Yoga (Amy)	<b>25</b> 9:00 Body Pump (Jessica) 10:30 Fit for Life (Danielle) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>26</b> 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	<b>27</b> 8:00 Track & Trail (Shannon)
<b>28</b>	<b>29</b> 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	<b>30</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa) 6:45 Zumba (Emily)	<b>31</b> 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:15 Power Yoga (Amy)			