

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Power Pump (Holly) 10:30 Chair Yoga (Amy) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	2 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon)	3 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	4 6:45am AM Yoga (Amy) 8:00 Bike/Sculpt (Carol) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy)	5 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 6:30 Zumba (Brooke)	6 
7 	8 9:00 Power Pump (Holly) 10:30 Chair Yoga (Amy) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	9 6:45am AM Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga/Pilates (Simon) 4:30 Fun Run (Jacob) 5:15 HIT (TBA)	10 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	11 6:45am AM Yoga (Amy) 8:00 Bike/Sculpt (Carol) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob) 6:00 HIT (TBA)	12 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 6:30 Zumba (Brooke)	13
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