

JUNE 20 18 FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 Senior Fitness—Janice 9:00 TBC—Linda	2
3	4 8:00 Senior Fitness—Beth 9:00 Aerobics—Janice	5 9:00 Step & Sculpt—Linda	6 8:00 Senior Fitness—Beth 1:15 Yoga—Linda 5:30 Pure Barre—Lauryn	7	8 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Beverly	9
10	11 8:00 Senior Fitness—Beth 9:00 Yoga—Fleta	12 9:00 Step & Sculpt—Linda	13 8:00 Senior Fitness—Beth 1:15 Yoga—Linda 5:30 Pilates—Traci	14	15 8:00 Senior Fitness—Linda 9:00 Beverly STEP & SCULPT	16
17	18 8:00 Senior Fitness—Janice 9:00 Aerobics—Janice	19 9:00 Step & Sculpt—Traci	20 8:00 Senior Fitness—Beth 1:15 Yoga—Fleta 5:30 Pilates—Traci	21	22 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Traci	23
24 VACATION BIBLE SCHOOL June 25—28th 5:30 –7:45 p.m.	25 8:00 Senior Fitness—Beth 9:00 Interval training—Janice	26 9:00 Step & Sculpt—Beverly	27 8:00 Senior Fitness—Beth 1:15 Yoga—Linda 5:30 VBS—NO CLASS	28	29 8:00 Senior Fitness—Janice 9:00 TBC—Janice	30 HEALTHY AND HAPPY JULY 4th NO CLASSES JULY 2 - 6