



Class Schedule

July 2015

Classes in **bold** require advance registration and payment



Fun Fitness Camp
 June 25 - August 28
 8:00am - 5:15pm
 Children ages 7-12
 Flexible and convenient

MONDAY			
11:30-12:15	<i>Sculpt It</i>	Andrea	Gym
12:15-1:00	<i>Blast Step</i>	Heather	Studio
5:15-6:05	<i>Power Sculpt</i>	Scott	Gym
5:15-6:15	<i>Yoga</i> M:14, NM:21	Kayla	Studio
TUESDAY			
11:30-12:20	<i>Power Sculpt</i>	Rick	Gym
12:15-1:00	<i>Zumba*</i>	Betsy	Studio
5:15-6:05	WERQ®	Laura	Gym
5:20-6:10	<i>Pilates</i> M:10, NM:\$16	Marsha	Studio
WEDNESDAY			
11:30-12:10	<i>Kickboxing</i>	Heather	Gym
12:15-1:00	<i>Interval*</i>	Abby	Studio
4:40-5:25	<i>Ballet</i> M:12, NM:\$17	Margaret	Studio
5:15-6:05	<i>Power Sculpt</i>	Scott	Gym
THURSDAY			
12:15-1:00	<i>Interval</i>	Betsy	Gym
5:20-6:20	<i>Zumba</i> NM:10.50	Margaret	Studio
FRIDAY			
11:30-12:15	<i>Boot Camp</i>	Mark	Gym

Specialty classes:

KARATE - Monday, Tuesday & Thursday, 6:30-8:30 PM
 - Saturday, 10:00AM - 12:00P M

You must sign in to attend classes marked with an asterisk
 *Registration is free & begins 15 minutes prior to start of class.
All classes require a minimum of 8 participants to continue.