

# Fun Fitness Camp



Flexible and Affordable

**June 22 – August 25 -**

**7:45am- 5:15pm  
Boys & Girls 7-12 yrs**

**\$160 week or \$33/day**



G-5680  
275-2437

www.urmc.rochester.edu/fitness-center



## Class Schedule JUNE 2017



Classes in bold require advance registration and payment

### MONDAY

11:30-12:15	<i>Sculpt It</i>	Marsha	Gym
12:15-1:00	<i>Blast Step*</i>	Heather	Studio
5:15-6:15	<i>Power Pump</i>	Scott	Gym
<b>5:20-6:20</b>	<b>Yoga</b> M:15, NM:21	<b>Patricia</b>	<b>Studio</b>



### TUESDAY

12:00-12:20	<i>Gut &amp; Butt</i>	Elizabeth	Gym
12:15-1:00	<i>Zumba*</i>	Margaret	Studio
5:15-6:05	<b>WERQ®</b>	Laura	Gym
<b>5:20-6:10</b>	<b>Yogalates</b> M:13.5, NM:18	<b>Marsha</b>	<b>Studio</b>



### WEDNESDAY

6:30-7:20	<i>Sunrise Boot Camp</i>	Cindy	Gym
11:30-12:10	<i>Kickboxing Interval</i>	Heather	Gym
12:15-1:00	<i>SPYS*</i>	Marsha	Studio
5:15-6:15	<i>Power Pump</i>	Scott	Gym

### THURSDAY

12:15-1:00	<i>Interval</i>	Mitch	Gym
5:15-6:15	<i>Turbokick®</i>	Laura	Gym

### FRIDAY

11:30-12:15	<i>Boot Camp</i>	Elizabeth	Gym
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Specialty classes:

**KARATE** - 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.

