

Summer Session Member Appreciation FREE Fitness Classes

June 23rd– July 7th

Sun	Mon	Tue	Wed	Thur	Fri	Sat
24	25 5:40AM Weights and Core Bob 9 AM Rusty Hinges Abbi 5:30 PM Cardio Strength & Core Penny	26 5:40 AM Group Cycling–Jean 5:30 PM Group Cycling–Bob 5:30 PM Aquaticize–Jenny B	27 5:40 AM Aqua HIIT–Abbi 9 AM Rusty Hinges Abbi 5:30 PM Cardio Strength & Core Penny	28 5:40 AM Aqua Boot Camp –Abbi 5:30 PM Group Cycling–Jean	29 5:40AM Weights and Core Bob 9 AM Rusty Hinges Abbi 9:30 Sr. Fitness Bob	30
7/1	7/2 5:40 AM Aqua/Land In/Out –Abbi 9 AM Rusty Hinges Abbi 5:30 PM Aquaticize–Bob 5:30 PM Cardio Strength & Core Penny	7/3 5:40 AM Group Cycling–Jean	7/4 Closed No Classes	7/5	7/6 5:40 AM <u>LAND</u> Boot Camp –Abbi 9 AM Rusty Hinges Abbi	7/7