



JUNE



Saturday Class Lineup

June 2nd

7-STEP- Robin

8- Cycling- Cynthia

8-BODYPUMP (*Bonus class*)

9-BODYCOMBAT-Variety

9- Water Fit- Kellie

10:15- Yoga- Marilyn

June 9th

8 – Cycling- Monica

9- BODYPUMP-Monica

9- Water Fit- Sally

10:15- Yoga- Monica

June 16th

7-STEP- Robin

8 – Cycling- Traci

9- GRIT Cardio- Jada

9- Water Fit- Traci

10:15- Yoga- Jada

June 23rd

8 – Cycling – Donna

9-BODYCOMBAT- Brit

9 – Water Fit – Monica

10:15-Yoga– Monica

"LONGEST DAY EVENT 8am-8pm"

8:00 am Spin with Donna

9:00 am Body Combat with Brittany

10:15 am Yoga

11:30 am Grit-Strength with Tricia

12:00 pm Cardio Dance with Becky

1:00 pm Kids Kick Butt Boot Camp

2:00 pm Pump Party with

Donna/Tracy/Brittany/Mayra

3:00 pm Grit-Cardio with Tricia

4:00 pm PiYo with Jenna

5:00 pm Zumba

6:00 pm Sunset 2-hour Spin party with

Donna/Tracy/Brittany/Mayra

\$20 Donation benefits Alzheimer's Association

June 30th

8- Cycling – Jenny

9- BODYPUMP – Jada

9- Water Fit-

10:15- Yoga- Jada

