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JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-7:00AM CROSS TRAINING PILATES *Laurie	6:00AM-7:00AM CROSS TRAINING *Laurie	6:00AM- 7:00AM CROSS TRAINING PI- LATES *Laurie	6:00AM-7:00AM CROSS TRAINING' (CARDIO) *Laurie		
	7:00AM-8:00AM AB & CORE *Sandy		7:00AM-8:00AM AB & CORE *Sandy		
8:45AM-9:45AM YOGA (BALCONY) *Jackie	8:15 AM-9:15AM YOGA BALL *Coleen	8:45AM-9:45AM YOGA (BALCONY) *Jackie	8:15 AM-9:15AM YOGA BALL *Coleen		
9:15AM-10:15AM EASY DOES IT *Amberleigh	9:15AM-9:45AM JUST DANCE *Laurie	9:15AM-10:15AM EASY DOES IT *Amberleigh	9:15AM-9:45AM JUST DANCE *Laurie	9:15AM-10:15AM EASY DOES IT *Colleen	
	10:00-11:00AM CLASSIC YOGA *Coleen		10:00-11:00AM CLASSIC YOGA *Coleen		
12:00PM-1:00PM CROSS TRAINING *Amberleigh		12:00PM-1:00PM CROSS TRAINING *Amberleigh	11:00AM-12:00PM SIT AND BE FIT (STRENGTH AND ROM) *Colleen		F.O.C.U.S 10:00 AM -11:00AM *Amberleigh
	11:00 AM- 12:00PM CHAIR YOGA *Coleen				
5:00PM-7:00PM BOXING *Dan		5:00PM-7:00PM BOXING *Dan			
6:00PM-6:30PM PILATES (BALCONY) *Laurie	6:00PM-7:00PM GUTS & BUTTS TABATA *Amberleigh				
6:30PM-7:00PM WORKOUT IN WEIGHT ROOM (WIW) *Laurie	<div style="border: 1px solid black; padding: 5px;"> <p><b>STARTING JUNE 15TH 8:45 YOGA ON BALCONY MONDAY-WEDNESDAY WILL BE MOVED TO FATHER SHEEHAN PARK</b></p> </div>				