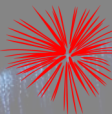




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JULY

	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 (father sheehan park) *Jackie	8:15 AM-9:15AM YOGA BALL *Coleen	8:45AM-9:45AM YOGA (father sheehan park) *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					
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: 10px; background-color: white;"> <p>No Boxing for the Month of July. Boxing will resume in August.</p> </div>					