

# July 2008 A.M.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 6:00 Yoga - Elizabeth 8:35 Walking-Cindy 8:30 E-Hiking—Tara** 9:15 Step-Katherine 9:30-T Hiking-Kara** 9:45 Line Dancing—Sue* 10:30 Yoga-Tammra 11:00 Silver Sneakers—Sue* 12:00 Abs-Cindy* 12:15 Low Impact Boot Camp - Cindy*	<b>2</b> 5:45 Power Sculpt - Mae 9:15 Kick Fit-Kara 10:30 Power Sculpt - Angela 12:00 Power Sculpt – Tara	<b>3</b> 8:30 Walking-Cindy* 9:15 Boot Camp-Cindy* 11:00 Silver Sneakers – Rita* 12:15 Lunch Cycle– Mikell	<b>4</b> 9:30 Cardio Blast - Sissy	<b>5</b> 8:30 Cardio Blast - Leonia  9:30 Yoga – Viv
<b>6</b>	<b>7</b> 5:45 Power Sculpt-Tara 9:15 Cardio Blast-Leonia 9:30 Zumba Lite-Michele 10:30 Power Sculpt-Cindy 11:30 Abs– Cindy 12:15 Cycle Circuit (total body)- Sissy	<b>8</b> 6:00 Yoga - Elizabeth 8:35 Walking-Cindy 8:30 T-Hiking—Tara** 9:15 Step-Katherine 9:30-E- Hiking-Sissy** 9:45 Line Dancing—Sharon* 10:30 Yoga-Tammra 11:00 Silver Sneakers—Sharon* 12:00 Abs-Cindy* 12:15 Low Impact Boot Camp - Cindy*	<b>9</b> 5:45 Power Sculpt—Dawn 9:15 Kick Fit-Mikell 10:30 Power Sculpt - Angela 12:00 Power Sculpt – Cindy	<b>10</b> 8:30 Walking-Cindy* 9:15 Boot Camp-Cindy* 11:00 Silver Sneakers-Sue* 12:15 Lunch Cycle– Mikell	<b>11</b> 5:45 T-Hiking – Tara** 9:15 BOSU - Sissy 9:30 Zumba-Michele 10:30 Flow Yoga - Michele 12:15 Core Conditioning-Cindy	<b>12</b> 8:30 Yoga - Tammra  9:30 Step - Angel
<b>13</b> 2:00 Cycle - Miesha	<b>14</b> 5:45 Power Sculpt-Tara 9:15 Cardio Blast-Jenna 9:30 Zumba Lite-Michele 10:30 Power Sculpt-Angela 11:30 Abs– Angela 12:15 Cycle Circuit (total body)- Mikell	<b>15</b> 6:00 Yoga—Deb 8:35 Walking-Cindy 8:30 E-Hiking—Kara** 9:15 Step-Katherine 9:30-T Hiking-Stacey** 9:45 Line Dancing—Sharon* 10:30 Yoga-Tammra 11:00 Silver Sneakers—Sharon* 12:00 Abs-Cindy* 12:15 Low Impact Boot Camp - Cindy*	<b>16</b> 5:45 Power Sculpt - Mae 9:15 Kick Fit-Kara 10:30 Power Sculpt - Cindy 12:00 Power Sculpt – Stacey	<b>17</b> 8:30 Walking-Cindy* 9:15 Boot Camp-Cindy* 11:00 Silver Sneakers-Rita* 12:15 Lunch Cycle– Stacey	<b>18</b> 5:45 T-Hiking – Tara** 9:15 BOSU/Bar-Stacey 9:30 Zumba-Michele 10:30 Flow Yoga - Stacey 12:15 Core Conditioning-Cindy	<b>19</b> 8:30 Hi/Lo - Krista  9:30 Yoga – Stacey
<b>20</b> 2:00 Ball Toning - Aimee	<b>21</b> 5:45 Power Sculpt-Tara 9:15 Cardio Blast-Jenna 9:30 Zumba Lite-Michele 10:30 Power Sculpt-Cindy 11:30 Abs– Cindy 12:15 Cycle Circuit (total body)- Tara	<b>22</b> 6:00 Hot Yoga - Deb 8:35 Walking-Cindy 8:30 T-Hiking—Kara** 9:15 Step-Katherine 9:30-E- Hiking-Stacey** 9:45 Line Dancing—Sharon* 10:30 Yoga-Tammra 11:00 Silver Sneakers—Sharon* 12:00 Abs-Cindy* 12:15 Low Impact Boot Camp - Cindy*	<b>23</b> 5:45 Power Sculpt - Dawn 9:15 Kick Fit-Kara 10:30 Power Sculpt - Stacey 12:00 Power Sculpt – Cindy	<b>24</b> 8:30 Walking-Cindy* 9:15 Boot Camp-Cindy* 11:00 Silver Sneakers-Tammra* 12:15 Lunch Cycle– Stacey	<b>25</b> 5:45 T-Hiking – Tara** 9:15 BOSU-Stacey 9:30 Zumba-Michele 10:30 Flow Yoga - Michele 12:15 Core Conditioning-Cindy	<b>26</b> 8:30 Yoga - Viv  9:30 Kick Fit-Kara
<b>27</b>	<b>28</b> 5:45 Power Sculpt-Dawn 9:15 Cardio Blast-Jenna 9:30 Zumba Lite-Michele 10:30 Power Sculpt-Tara 11:30 Abs– Tara 12:15 Cycle Circuit (total body)- Mikell	<b>29</b> 6:00 Hot Yoga - Deb 8:35 Walking-Cindy 8:30 E-Hiking—Sissy** 9:15 Step-Katherine 9:30-T Hiking-Stacey** 9:45 Line Dancing—Sharon* 10:30 Yoga-Stacey 11:00 Silver Sneakers—Sharon* 12:00 Abs-Cindy* 12:15 Low Impact Boot Camp - Cindy*	<b>30</b> 5:45 Power Sculpt - Mae 9:15 Kick Fit-Kara 10:30 Power Sculpt - Cindy 12:00 Power Sculpt – Stacey	<b>31</b> 8:30 Walking-Cindy* 9:15 Boot Camp-Cindy* 11:00 Silver Sneakers-Sue* 12:15 Lunch Cycle– Stacey	*Denotes Class in North Gym.  ** Treadmill Hiking/ Elliptical Hiking	