

**July**  
**Fitness Group Exercise**  
**Class Schedule**

		1 Fit For Life 9-10 a.m. (A) Meditation in Motion 10:15-11a.m. PowerBarz 5:30 p.m.- 6:30 p.m.	2 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	3 Fit For Life 9-10 a.m. (A) Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	4 CLOSED!	5 Total Body Conditioning 9 a.m.- 10- a.m.
6 Piloxing 8 a.m.- 9 a.m.	7 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	8 Fit For Life 9-10 a.m. (A) Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	9 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	10 Fit For Life 9-10 a.m. (A) Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	11 Super Sweat 10 a.m.- 11 a.m.	12 Dance It Off w/ Meg 9 a.m.- 10- a.m.
13 PowerBarz 8 a.m.- 9 a.m.	14 Fit For Life 9-10 a.m. (A) Total Body Conditioning 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	15 Fit For Life 9-10 a.m. (A) Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	16 Fit For Life 9-10 a.m. (A) Total Body Conditioning 10 a.m.- 11a.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	17 Fit For Life 9-10 a.m. (A) Meditation in Motion 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	18 Total Body Conditioning 10 a.m.- 11 a.m.	19 Total Body Conditioning 9 a.m.- 10- a.m.
20 Piloxing 8 a.m.- 9 a.m.	21 Fit For Life 9-10 a.m. (A) Total Body Conditioning 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	22 Fit For Life 9-10 a.m. (A) Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	23 Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	24 Fit For Life 9-10 a.m. (A) Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	25 Total Body Conditioning 10 a.m.- 11 a.m.	26 Total Body Conditioning 9 a.m.- 10- a.m.
27	28 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	29 Fit For Life 9-10 a.m. (A) Meditation in Motion 10:15-11a.m.	30 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	31 Balance With Me 10:15-11a.m.		