



JUNE 2010 - GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
Registered Yoga Class Tuesdays, 5:30 – 6:45 p.m. June 22 – August 10 (8 week class)	10 am Boot Camp 7 pm Guts & Butts	9 am Yogalates 10 am Zumba	10 am Boot Camp 7 pm Guts & Butts	9 am Core & More	NO CLASSES <i>Registration for classes & programs</i>
7	8	9	10	11	12
9 am Yogalates 6 pm Cardio / Sculpt 7 pm Zumba	10 am Boot Camp 7 pm Guts & Butts	9 am Yogalates 10 am Zumba 6:15 pm Zumba 7:15 pm Zumba Toning	10 am Boot Camp 7 pm Guts & Butts	9 am Core & More	9:30 a.m. Zumba Toning
14	15	16	17	18	19
9 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	9 am Boot Camp 7 pm Guts & Butts	9 am Zumba 6:15 pm Zumba 7:15 pm Zumba Toning	9 am Boot Camp 7 pm Guts & Butts	9 am Yogalates	NO CLASSES
21	22	23	24	25	26
9 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	9 am Boot Camp 7 pm Guts & Butts	9 am Zumba 6:15 pm Zumba 7:15 pm Zumba Toning	9 am Boot Camp 7 pm Guts & Butts	9 am Core & More	9:30 a.m. Zumba Toning
28	29	30	Schedules available at the front desk and on-line at ci.lapeer.mi.us/pr_aerobics.htm		PLEASE NOTE: Zumba Toning Class limited to 25 people
9 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	9 am Boot Camp 7 pm Guts & Butts	9 am Zumba 6:15 pm Zumba 7:15 pm Zumba Toning			