



JULY 2010 - GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
Registered Yoga Class Tuesdays, 5:30 - 6:45 p.m. June 22 - August 10 (8 week class)	PLEASE NOTE: Zumba Toning Class limited to 25 people		9 am Boot Camp 7 pm Guts & Butts	9 am Core & More	NO CLASSES
5	6	7	8	9	10
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	9:30 a.m. Zumba Toning
12	13	14	15	16	17
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	NO CLASSES
19	20	21	22	23	24
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	9:30 a.m. Zumba Toning
26	27	28	29	30	31
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	NO CLASSES

Schedules also available on-line at ci.lapeer.mi.us/pr_aerobics.htm