



AUGUST 2010 - GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
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	NO CLASSES	NO CLASSES
9	10	11	12	13	14
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	NO CLASSES	9:30 a.m. Zumba Toning
16	17	18	19	20	21
9 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	NO BOOT CAMP 7 pm Guts & Butts	9 am Zumba 6:15 pm Zumba 7:15 pm Zumba Toning	NO BOOT CAMP 7 pm Guts & Butts	NO CLASSES	<i>REGISTRATION</i> <i>NO CLASSES</i>
23	24	25	26	27	28
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	NO CLASSES	9:30 a.m. Zumba Toning
30	31				
NO CLASSES AUGUST 30 TH - SEPTEMBER 8 TH <i>Closed for</i> <i>Annual Maintenance</i>		Registered Yoga Class Tuesdays, 5:30 - 6:45 p.m. Through August 10		PLEASE NOTE: Zumba Toning Class limited to 25 people	

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