



JULY GROUP FITNESS COURT SOUTH

BC-BodyCombat
RPM/Spin -Cycling
BA-Body Attack

BP-BodyPump
FS-Freestyle Step
BS-Body Step

GCC-Gentle Cardio Conditioning
TBS-TotalBodyStrength
Flow-Body Flow

Y-Yoga
TS-Tread n Shed
Jam-Body Jam

BPx-45min BP
TBHitt-Total Body HIIT
CX-30min total core class

NO CLASS JULY 4TH. Les Mills LAUNCH is SATURDAY, JULY 17 - be on the lookout for flyers with more info! COME JOIN THE PARTY IN GROUP FITNESS!

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 BP* Team	5:30 Cycle* Debby 9:30 BP Brittney 5:00 BP* Stephanie 6:00 BC Lindsey 6:00 Cycle* Tee 7:00 Yoga Tee	5:30 BP* JoAnn 9:30 Cycle Carrie 4:00 Tone&Sculpt Amy 5:00 BC Kate 6:00 BP Celena	9:30 Tone&Sculpt Amy 5:00 BP Kate 6:00 FS Tim 6:00 Cycle Tee	5:30 BP* JoAnn 9:30 BP Brittney 5:00 Flow Kate 5:00 Cycle Carrie 6:00 BP Tee	5:30 Cycle* Debby 9:00 Aqua Carrie 9:30 Dance Amy	8:00 Cycle* Carrie 9:00 BP* Stephanie 10:00 BC Hillary

Childcare hours: Mon-Thurs 8a-12p, 4p-9p; Fri 8a-12p, 4p-8p; Sat 8a-12p, Sun 3p-6p

NORTH CLUB 688-3600

North Club Hours: M - F 5am - 11pm, Sat & Sun 7am - 7pm

**to
exercise?
or
to
not
exercise?
what a stupid
question**

