

**June**

**Fitness Group Exercise  
Class Schedule**

						1 Zumba 9 a.m.- 10- a.m.
2	3 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	4 Fit For Life (Open hour) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Boxing & Strength 5:15 p.m.- 6:15 p.m.	5 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m.	6 Fit For Life (Open hour) Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.	7 Super Sweat 10 a.m.- 11 a.m.	8 Zumba 9 a.m.- 10- a.m.
9	10 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	11 Fit For Life (Open hour) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.	12 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Zumba 5:15- 6:15 p.m.	13 Fit For Life (Open hour) Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	14 Super Sweat 10 a.m.- 11 a.m.	15 Zumba 9 a.m.- 10- a.m.
16	17 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	18 Fit For Life (Open hour) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Boxing & Strength 5:15 p.m.- 6:15 p.m.	19 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Zumba 5:15- 6:15 p.m.	20 Fit For Life (Open Hour) Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.	21 Super Sweat 10 a.m.- 11 a.m.	22 Zumba 9 a.m.- 10- a.m.
23 30	24 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	25 Fit For Life (Open hour) Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.	26 Fit For Life 9-10 a.m. Super Sweat 10 a.m.- 11 a.m. Zumba 5:15- 6:15 p.m.	27 Fit For Life (Open Hour) Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	28 Super Sweat 10 a.m.- 11 a.m.	29 Total Body Conditioning 9 a.m.- 10- a.m.