

	<p>1 Fit For Life 9-10 a.m. (J) 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.</p>	<p>2 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.</p>	<p>3 Fit For Life 9-10 a.m. (A) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Zumba 5:15- 6:15 p.m.</p>	<p>4 Closed</p>	<p>5 Super Sweat 10 a.m.- 11 a.m.</p>	<p>6 Total Body Conditioning 9-10 a.m.</p>
7	<p>8 Fit For Life 9-10 a.m. (J) Total Body Conditioning 10-11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.</p>	<p>9 Fit For Life 9-10 a.m. (R) 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.</p>	<p>10 Fit For Life 9-10 a.m. (A) Total Body Conditioning 10-11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Zumba 5:15- 6:15 p.m.</p>	<p>11 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.</p>	<p>12 Total Body Conditioning 10-11 a.m.</p>	<p>13 Zumba 9 a.m.- 10- a.m.</p>
14	<p>15 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.</p>	<p>16 Fit For Life 9-10 a.m. (A) 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.</p>	<p>17 Fit For Life 9-10 a.m. (R) War 5:15-6:15 p.m.</p>	<p>18 Fit For Life 9-10 a.m. (A) Total Body Conditioning 10-11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.</p>	<p>19 Total Body Conditioning 10-11 a.m.</p>	<p>20 Zumba 9 a.m.- 10- a.m.</p>
21	<p>22 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Total Body Conditioning 5:15- 6:15 p.m.</p>	<p>23 Fit For Life 9-10 a.m. (R) 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.</p>	<p>24 Fit For Life 9-10 a.m. (A) Super Sweat 10 a.m.- 11 a.m. Zumba 5:15- 6:15 p.m.</p>	<p>25 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.</p>	<p>26 Super Sweat 10 a.m.- 11 a.m.</p>	<p>27 Zumba 9 a.m.- 10- a.m.</p>
28	<p>29 Fit For Life 9-10 a.m. (J) 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.</p>	<p>30 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m.</p>	<p>31 Fit For Life 9-10 a.m. (A) Super Sweat 10 a.m.- 11 a.m. Zumba 5:15- 6:15 p.m.</p>	<p>July Fitness Group Exercise Class Schedule</p>		