



July 2020 Class Schedule

Class Prices:

\$18 for Single/Drop-in

\$95/Month - Unlimited (includes gym membership)

\$135 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C),

Cindy (CH), Rhonda (R)

Sr. classes are FREE for SilverSneakers members.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Sr. Strength(R) 5:30PM Bootcamp (D)	2 5:30PM Core & More/ Stretch & Strength (C)	3 9:00 Sr. Cardio (R) Gym Closing At Noon	4 CLOSED Happy Independence Day
5 Gym Closed Appointments Available With Doug	6 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	7	8 9:00 Sr. Strength(R) 5:30PM Bootcamp (D)	9 5:30PM Core & More/ Stretch & Strength (C)	10 9:00 Sr. Cardio (R)	11 8:30AM Super Strong 60 minutes (C)
12	13 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	14	15 9:00 Sr. Strength(R) 5:30PM Bootcamp (D)	16 5:30PM Core & More/ Stretch & Strength (C)	17 9:00 Sr. Cardio (R)	18 8:30AM Super Strong 60 minutes (C)
19	20 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	21	22 9:00 Sr. Strength(R) 5:30PM Bootcamp (D)	23 5:30PM Core & More/ Stretch & Strength (C)	24 9:00 Sr. Cardio (R)	25 8:30AM Super Strong 60 minutes (C)
26	27 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	28	29 9:00 Sr. Strength(R) 5:30PM Bootcamp (D)	30 5:30PM Core & More/ Stretch & Strength (C)	31 9:00 Sr. Cardio (R)	