



July 2017



Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
		GYM CLOSED		6:15 PM Cardio Sculpt		9:30 AM Combo Cardio
9	10	11	12	13	14	15
8 AM Yoga (Co-Ed)		10 AM Chisel Spa Afternoon 4-7PM		6:15 PM Cardio Sculpt		9:30 AM Combo Cardio
16	17	18	19	20	21	22
		10 AM Chisel 1:30 PM Tai Chi	7 PM Yoga	6:15 PM Cardio Sculpt		9:30 AM Circuit Class
23	24	25	26	27	28	29
8 AM Yoga (Co-Ed)		10 AM Chisel 1:30 PM Tai Chi		6:15 PM Cardio Sculpt		
30	31					
8 AM Yoga (Co-Ed)						