



# June 2017



## Fitness for Women

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