


July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p>8:15a: Yoga: Sarah 9a: TaiChi: Eric 9:15a: Cardio Pump: Caren 10:15a: GF- 4:30p: Step: 5:30p: Core Power: 6:00p: Turbo Kick/Hip Hop: 7p: Yoga/Pilates:</p>	<p>2</p> <p>8:15a: Pilates: 9:15a: Turbo Kick: 10:15: Pump: 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: 6:00p: Cycle Interval: Dave <i>6:45p: Hip Hop Hustle: Keydish</i></p>	<p>3</p> <p>6a: Cycle: Corey 8:15a: Yoga: 9:15a: PS: 10:15a: GF:</p>	<p>4</p> <p>HAPPY 4TH</p>  <p>YMCA CLOSED</p>
<p>5</p> <p>1:15p: CYCLE (IHR): Dave 2p: St&M: Dacia 3p: Yoga: Sarah</p>	<p>6</p> <p>8:15a: Yoga: 9a: TaiChi: 9:15a: Step & Muscle: 10:15a: GF: 4:30p: PiYo: 5:30p: G&G: Takeela (Kettlebells are used!) 6:15p: IT:</p>	<p>7</p> <p>8:15a: Pilates Fusion: 9:15a: PS: 10:15a: St &St: Trish 5:00p: PUMP: Jessi 6:00p: PS: 6:00p: OUTDOOR Cycle Ride: 7:00p: Cycle: 7:15p: Zumba: Uretha 8:15p: Power Yoga:</p>	<p>8</p> <p>8:15a: Yoga: 9a: TaiChi: Eric 9:15a: Cardio Pump: Caren 10:15a: GF- 4:30p: Step: 5:30p: Core Power: 6:00p: Hip Hop Hustle: 7p: Yoga/Pilates: 7:00p: Cycle: Michelle</p>	<p>9</p> <p>8:15a: Pilates: 9:15a: Turbo Kick: 10:15: Pump: 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: 6:00p: Cycle Interval: Dave 6:45p: Cardio Pump: Kim</p>	<p>10</p> <p>6a: Cycle: Corey 8:15a: Yoga: 9:15a: PS: 10:15a: GF:</p>	<p>11</p> <p>8a: Yoga: 9:15a: PS: Trish 10:15a: CYCLE: Dave</p>
<p>12</p> <p>1:15p: CYCLE (IHR): Dave 2p: Hip Hop Hustle: Keydish 3p: Yoga: Sarah</p>	<p>13</p> <p>8:15a: Yoga: 9a: TaiChi: 9:15a: Step & Muscle: 10:15a: GF: 4:30p: PiYo: Stacy 5:30p: G&G: Jessi (Kettlebells are used!) 6:15p: PS: 7:00p: Cycle: Michelle</p>	<p>14</p> <p>8:15a: Pilates Fusion: 9:15a: PS: 10:15a: St &St: Caren 5:00p: PUMP: Jessi 6:00p: PS: 6:00p: OUTDOOR Cycle Ride: 7:00p: Cycle: 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah</p>	<p>15</p> <p>8:15a: Yoga: 9a: TaiChi: Eric 9:15a: Cardio Pump: Caren 10:15a: GF- 4:30p: Step: 5:30p: Core Power: 6:00p: Turbo Kick: NEW ROUND!!! Round 37 7p: Yoga/Pilates: 7:00p: Cycle: Michelle</p>	<p>16</p> <p>8:15a: Pilates: 9:15a: Turbo Kick: 10:15: Pump: 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: 6:00p: Cycle Interval: Dave 6:45p: Cardio Pump: Kim</p>	<p>17</p> <p>6a: Cycle: Corey 8:15a: Yoga: 9:15a: PS: 10:15a: GF:</p>	<p>18</p> <p>8a: Yoga: 9:15a: PS: Christy 10:15a: CYCLE: Dave</p>
<p>19</p> <p>1:15p: CYCLE (IHR): Dave 2p: St&M: Dacia 3p: Yoga: Sarah</p>	<p>20</p> <p>8:15a: Yoga: 9a: TaiChi: 9:15a: Step & Muscle: 10:15a: GF: 4:30p: PiYo: 5:30p: G&G: Takeela (Kettlebells are used!) 6:15p: IT:</p>	<p>21</p> <p>8:15a: Pilates Fusion: 9:15a: PS: 10:15a: St &St: Caren 5:00p: PUMP: Jessi 6:00p: PS: Kim 6:00p: OUTDOOR Cycle Ride: 7:00p: Cycle: 7:15p: Zumba: 8:15p: Power Yoga:</p>	<p>22</p> <p>8:15a: Yoga: 9a: TaiChi: Eric 9:15a: Cardio Pump: Caren 10:15a: GF- 4:30p: Step: 5:30p: Core Power: 6:00p: Turbo Kick Rd37 & HHH: 7p: Yoga/Pilates: 7:00p: Cycle: Michelle</p>	<p>23</p> <p>8:15a: Pilates: 9:15a: Turbo Kick: 10:15: Pump: 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: 6:00p: Cycle Interval: Dave <i>6:45p: Hip Hop Hustle: Takeela</i></p>	<p>24</p> <p>6a: Cycle: Corey 8:15a: Yoga: 9:15a: PS: 10:15a: GF:</p>	<p>25</p> <p>8a: Yoga: 9:15a: Turbo Kick: Takeela 10:15a: CYCLE: Dave</p>
<p>26</p> <p>1:15p: CYCLE (IHR): Dave 2p: Hip Hop Hustle: Takeela 3p: Yoga: Sarah</p>	<p>27</p> <p>8:15a: Yoga: 9a: TaiChi: 9:15a: Step & Muscle: 10:15a: GF: 4:30p: PiYo: 5:30p: G&G: (Kettlebells are used!) 6:15p: PS:</p>	<p>28</p> <p>8:15a: Pilates Fusion: 9:15a: PS: 10:15a: St &St: Trish 5:00p: PUMP: Jessi 6:00p: St&M: 6:00p: OUTDOOR Cycle Ride: 7:00p: Cycle: 7:15p: Zumba: 8:15p: Power Yoga:</p>	<p>29</p> <p>8:15a: Yoga: 9a: TaiChi: Eric 9:15a: Cardio Pump: Caren 10:15a: GF- 4:30p: Step: 5:30p: Core Power: 6:00p: Turbo Kick-Rd 37: 7p: Yoga/Pilates: 7:00p: Cycle:</p>	<p>30</p> <p>8:15a: Pilates: 9:15a: Turbo Kick: 10:15: Pump: 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: Sarah 6:00p: Cycle Interval: Dave 6:45p: Cardio Pump: Kim</p>	<p>31</p> <p>6a: Cycle: Corey 8:15a: Yoga: 9:15a: PS: 10:15a: GF:</p>	