

Get Fit Class Schedule - JUNE

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
28		29		30		31		1		2		3	
		9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Strong Nation (Suri)		9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)		9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)		11AM-12 Meditation (Mary) 12:30-1:30 PM Yoga (Yasha)	
4		5		6		7		8		9		10	
12-1 PM Aqua Fit (Tammy)		9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Strong Nation (Suri)		9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)		9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)		11AM-12 Meditation (Mary) 12:30-1:30 PM Yoga (Yasha)	
11		12		13		14		15		16		17	
12-1 PM Aqua Fit (Tammy)		9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Strong Nation (Suri)		9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)		9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)		11AM-12 Meditation (Mary) 12:30-1:30 PM Yoga (Yasha)	
18		19		20		21		22		23		24	
12-1 PM Aqua Fit (Tammy)		9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Strong Nation (Suri)		9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)		9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)		11AM-12 Meditation (Mary) 12:30-1:30 PM Yoga (Yasha)	
25		26		27		28		29		30		1	
12-1 PM Aqua Fit (Tammy) Schedule is subject to change at anytime.		9-10 AM Zumba (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Strong Nation (Suri)		9-10 AM Zumba Toning (Suri) 12-1 PM Silver Sneakers (Yasha)		9-10 AM Strong Nation (Suri) 6-7 PM Full Body Blast (Paige)		9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)		11AM-12 Meditation (Mary) 12:30-1:30 PM Yoga (Yasha)	