

Get Fit Class Schedule - JULY

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30		1		2		3		4		5		6	
Schedule is subject to change at anytime.		9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (Katie)		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 (Katie)		9-10 AM Aerobic Dance (Suri) 12-1 PM Silver Sneakers (Yasha)		11:00-12:00 Move w/ China 12:00-1:00 PM Yoga (Yasha)	
7		8		9		10		11		12		13	
3-4 PM Hula Honey (Margo)		9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (Katie)		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)		11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)	
14		15		16		17		18		19		20	
3-4 PM Hula Honey (Margo)		9-10 AM Zumba 12-1 PM Silver Sneakers (Yasha) 6-7 PM Full Body Blast (Katie)		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)		11:00-12:00am Move w/ China 12:00-1:00 PM Yoga (Yasha)	
21		22		23		24		25		26		27	
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28		29		30		31		1		2		3	

3-4 PM Hula Honey
(Margo)

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6-7 PM Full Body
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Dance (Suri)
12-1 PM Silver
Sneakers (Yasha)

11:00-12:00am Move
w/ China
12:00-1:00 PM Yoga
(Yasha)