





JULY FITNESS CLASSES



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Instructors: Theresa Jenna Stacy Hilary Brittany Email wellness@sjcme.edu with any questions!</p> <p><u>NO classes July 3rd or 4th</u></p>	<p>4</p>	<p>5</p> <p>PEDAL POWER (SPIN) @ 7am BACK ON TRACK @12pm PILATES @ 4pm</p>	<p>6</p> <p>SUNRISE CIRCUIT 6:30AM-7AM YOGA @ 12pm MUSCLE MONK BOOTCAMP @ 12pm</p>	<p>7</p> <p>PEDAL POWER (SPIN) @ 12pm</p>
<p>10</p> <p>PILATES @ 12pm</p>	<p>11</p> <p>BARRE BOOTCAMP @ 12pm</p> 	<p>12</p> <p>PEDAL POWER (SPIN) @ 7am</p> 	<p>13</p> <p>SUNRISE CIRCUIT 6:30AM-7AM YOGA @ 12pm MUSCLE MONK BOOTCAMP @ 12pm</p>	<p>14</p> <p>PEDAL POWER (SPIN) @ 12pm</p> 
<p>17</p> <p>PILATES @ 12pm</p> 	<p>18</p> <p>BARRE BOOTCAMP @ 12pm</p>	<p>19</p> <p>PEDAL POWER (SPIN) @ 7am SPECIALTY CLASS <u>COUNTRY HEAT LIVE</u> with COURTNEY @ 12pm PILATES @ 4pm</p>	<p>20</p> <p>SUNRISE CIRCUIT 6:30AM-7AM YOGA @ 12pm MUSCLE MONK BOOTCAMP @ 12pm</p>	<p>21</p> <p>PEDAL POWER (SPIN) @ 12pm</p>
<p>24</p> <p>PILATES @ 12pm</p>	<p>25</p> <p>SPECIALTY CLASS <u>JILLIAN MICHAELS</u> <u>BODYSHRED</u> with Jenna @ 12pm</p>	<p>26</p> <p>PEDAL POWER (SPIN) @ 7am ZUMBA @ 12pm BACK ON TRACK @12pm PILATES @ 4pm</p>	<p>27</p> <p>SUNRISE CIRCUIT 6:30AM-7AM YOGA @ 12pm MUSCLE MONK BOOTCAMP @ 12pm</p>	<p>28</p> <p>PEDAL POWER (SPIN) @ 12pm</p>
<p>31</p> <p>PILATES @ 12pm</p>	<p>Staff/Faculty/Alumni: \$3 drop in or \$25 punch card Community: \$7 drop in or \$50 punch card Students: FREE <u>SIGNING IN AND PAYMENT MUST BE MADE AT THE FRONT DESK PRIOR TO CLASS!!!</u></p> <p><u>SPIN CLASS PROCEDURE:</u> 7 spin bikes available per class. To sign up call 893-6650 or sign in at the front desk. We will start taking names 60 minutes before the class starts.</p>			