

June 2018 Fitness Classes

Mon	Tue	Wed	Thu	Fri
				1 WICKED WEIGHTS* 12PM-12:45PM *held in the fitness room
4 OUTDOOR BOOTCAMP 12PM-12:45PM LIIT (low intensity interval training) @ 12pm	5 SUNRISE SPIN @ 7AM TABATA 12PM-12:45PM PILOXING 6:30PM-7:15PM	6 FONDA FLASHBACK 12PM-12:45PM PILATES 3:30PM-4:15PM	7 SPIN + STRETCH 12PM-12:45PM	8 WICKED WEIGHTS* 12PM-12:45PM *held in the fitness room
11 OUTDOOR BOOTCAMP 12PM-12:45PM LIIT (low intensity interval training) @ 12pm	12 SUNRISE SPIN @ 7AM CARDIO SPORT 12PM-12:45PM PILOXING 6:30PM-7:15PM	13 FONDA FLASHBACK 12PM-12:45PM PILATES 3:30PM-4:15PM	14 SPIN + CORE 12PM-12:45PM	15 WICKED WEIGHTS* 12PM-12:45PM *held in the fitness room
18 OUTDOOR BOOTCAMP 12PM-12:45PM LIIT (low intensity interval training) @ 12pm	19 BOOMER'S BASIC STRETCH 12PM-12:45PM PILOXING 6:30PM-7:15PM	20 FONDA FLASHBACK 12PM-12:45PM PILATES 3:30PM-4:15PM	21 SPIN + TONE 12PM-12:45PM	22 WICKED WEIGHTS* 12PM-12:45PM *held in the fitness room
25 OUTDOOR BOOTCAMP 12PM-12:45PM LIIT (low intensity interval training) @ 12pm	26 SUNRISE SPIN @ 7AM CARDIO STRENGTH 12PM-12:45PM PILOXING 6:30PM-7:15PM	27 FONDA FLASHBACK 12PM-12:45PM	28 PEDAL POWER SPIN 12PM-12:45PM	29 WICKED WEIGHTS* 12PM-12:45PM *held in the fitness room

Instructors: Brittany Jenna Lyndsay Theresa Hilary Chelsea Boomer