

JUNE GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 <u>Yoga 6-7pm</u> <u>Step Interval</u> <u>6-7pm</u>	02 <u>Strength &</u> <u>Tone 6-7pm</u>	03	04
05	06 <u>Cardio Fit</u> <u>6-7pm</u>	07	08 <u>Yoga 6-7pm</u> <u>Step Interval</u> <u>6-7pm</u>	09 <u>Strength &</u> <u>Tone 6-7pm</u>	10	11
12	13 <u>Cardio Fit</u> <u>6-7pm</u>	14	15 <u>Yoga 6-7pm</u> <u>Step Interval</u> <u>6-7pm</u>	16 <u>Strength &</u> <u>Tone 6-7pm</u>	17	18
19	20 <u>Cardio Fit</u> <u>6-7pm</u>	21	22 <u>Yoga 6-7pm</u> <u>Step Interval</u> <u>6-7pm</u>	23 <u>Strength &</u> <u>Tone 6-7pm</u>	24	25
26	27 <u>Cardio Fit</u> <u>6-7pm</u>	28	29 <u>Yoga 6-7pm</u> <u>Step Interval</u> <u>6-7pm</u>	30 <u>Strength &</u> <u>Tone 6-7pm</u>		

Instructor: Heather Mooney.
Instructor: Glenda Washburn