

























JUST for LADIES

a total fitness experience

June Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	 Emily C- 60 min	 Julie - 55 min	 Emily C - 60 min	 Julie - 55 min	 Emily C - 45 min
6:00am	HIIT Power Amy -45 min	 Lacy 45 min	HIIT Power Amy- 45 min	EXTREME BODY BLAST Peachey-40 min	5:50am PiYO Emily T. - 45 min
	 CIRCUIT Emily T-45min	 Julie - 45 min		 Julie - 45 min	
8:30am	 Kim - 60 min	PiYO Emily T. - 60min	 Kim - 60 min	Step HIIT Emily T-45 min	 Julie- 35 min
9:05am					9:05- PiYO Julie-35 min
10:00am	Ageless Warriors for age 50's on up Carley - 45 min	Interval Training Johanna W.-45 min	Ageless Warriors for age 50's on up Carley- 45 min	Interval Training Johanna W.-45 min	Ageless Warriors for age 50's on up Julie - 45 min
4:15pm	 Lacy- 60 min	 Lacy - 60 min	 Lacy - 60 min	 Lacy - 60 min	 Jacquelyn - 45 min
	 Johanna W 45 min		 & Abs Michelle 60 min		
5:20pm	 Carley-30 min		 Carley-30 min		
5:30pm		Turbo TRX Emily T-50 min		Cardio Fusion Emily C - 55 min	
		 CIRCUIT Cathy-45 min			
6:00pm	 Peachey -60min		 Peachey -60min		
6:30pm		PiYO Julie - 60 min			

Saturday 9:00 am 6/1-ZUMBA Launch Party-Jacquelyn
6/8-Piyo-Julie
6/15-Emily C-Cardio Fusion
6/22-Bodypump-Kim
6/29-Bodypump-Steph

FREE FITNESS FRIDAYS in June