

Life Center Fitness

July Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:00pm Zumba/Toning (McClees)	2	3 9:00am Zumba (McClees)
4	5 CLOSED 4 th of July Holiday Observed	6 9:00am Zumba Gold (McClees) 7:00pm PiYo (Vicki)	7 7:00pm Barre (Magda)	8 6:00pm Zumba/Toning (McClees)	9	10 9:00am Zumba (McClees)
11	12 8:30am Yoga (Sandra) 6:00pm Yoga (Sue)	13 9:00am Zumba Gold (McClees) 7:00pm PiYo (Vicki)	14 7:00pm Barre (Magda)	15 6:00pm Zumba/Toning (McClees)	16	17 9:00am Zumba (McClees)
18	19 8:30am Yoga (Sandra) 6:00pm Yoga (Sue)	20 9:00am Zumba Gold (McClees) 7:00pm PiYo (Vicki)	21 7:00pm Barre (Magda)	22 6:00pm Zumba/Toning (McClees)	23	24 9:00am Zumba (McClees)
25	26 8:30am Yoga (Sandra) 6:00pm Yoga (Sue)	27 9:00am Zumba Gold (McClees) 7:00pm PiYo (Vicki)	28 7:00pm Barre (Magda)	29 6:00pm Zumba/Toning (McClees)	30	31 9:00am Zumba (McClees)