



## 2019 SUMMER FITNESS SCHEDULE

Starts June 10, 2019

### Monday

6 AM Boot Camp  
9 AM Boot Camp

### Tuesday

6 AM BarreFit  
9 AM Pilates  
5:30 PM \*Stretch and Strength\*  
6:30 PM \*Adult Hip Hop\*  
7 PM BarreFit

### Wednesday

6 AM Yoga Stretch  
9 AM Boot Camp  
7 PM Belly Blitz

### Thursday

6 AM BarreFit  
9 AM Flow Yoga  
6 PM AAA

### Friday

6 AM Boot Camp (all weights)  
9 AM Boot Camp (all weights)

### Saturday

9 AM Boot Camp  
10:15 AM Boot Camp  
11:15 AM Strength Circuits

### Sunday

9 AM Boot Camp  
10 AM Core Blast  
10 AM Flow Yoga  
11 AM Power Yoga  
12 PM BarreFit

*\*These classes will begin June 18<sup>th</sup>\**