

July 2010

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FREE ALL MONTH to ALL MEMBERS* *Super Spin This small group cardio-personal training session taught by Doctor Shelby Vojtech will be offered in the future for a drop-in fee. Limited to 5 participants, you must RSVP at front desk. *Awesome fat-reduction cardio!*

				1 9:30am Cardio 300 6:30pm Air Kickboxing	2 9:00am Fab Abs 9:30am Sculpt	3 9:00am Bootcamp
4 Happy Independence Day 	5 9:30am Dirty30 Cardio No evening Classes	6 9:30am Sculpt 6:30 Dirty 30 Cardio	7 9:30am Kickboxing 6:30pm Ironman Buildup 7:30 Yoga	8 9:30am Cardio 300 6:30pm Kickboxing	9 9:00am Fab Abs 9:30am Sculpt	10 8:00am Super Spin 9:00am Bootcamp
11 GET READY... Outdoor fitness & cooking demo classes this Fall!	12 9:30am Dirty30 Cardio 6:30pm Pilates 7:00pm Sculpt	13 9:30am Sculpt 6:30 Kickboxing	14 9:30am Kickboxing 6:30pm Ironman Buildup 7:30 Yoga	15 9:30am Cardio 300 6:30pm Kickboxing	16 9:00am Fab Abs 9:30am Sculpt	17 9:00am Bootcamp
18 SPECIAL EVENT *ZUMBA* PARTY 1pm (See Flyer)	19 9:30am Dirty30 Cardio 6:30pm Pilates 7:00pm Sculpt	20 9:30am Sculpt 6:30 Dirty 30 Cardio	21 9:30am Kickboxing 6:30pm Ironman Buildup 7:30 Yoga	22 9:30am Cardio 300 6:30pm Kickboxing	23 9:00am Fab Abs 9:30am Sculpt	24 9:00am Bootcamp
25 8:30am Super Spin (yep, a Sunday session)	26 9:30am Dirty30 Cardio 6:30pm Pilates 7:00pm Sculpt	27 9:30am Sculpt 6:30 Kickboxing	28 9:30am Kickboxing 6:30pm Ironman Buildup 7:30 Yoga	29 9:30am Cardio 300 6:30pm Kickboxing	30 9:00am Fab Abs 9:30am Sculpt	31 9:00am Bootcamp

Do you work for a business that could benefit from a Corporate Wellness Program? Wellness Presentations, Fitness Seminars, Nutrition Consulting, Onsite Personal Training, Stress Reduction
Email Bryan@DynamicFitnessGroup.com