

July Schedule

All Classes on this schedule are free to our members (except as indicated) and are 1 hour in duration!
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Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30am	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required			
8:00am	MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		
9:00am	MFIT 365 w/Melinda Enrollment & Fee Required	TAI CHI w/Maria S.	MFIT 365 w/Melinda Enrollment & Fee Required	Functional Training w/Maria S.	ZUMBA w/Shannon	TABATA/ PILATES 30min/25min w/Melinda	
10:00am	AIT w/Angela	Body Sculpting w/Maria Z.	AIT w/Angela	PIYO- STRENGTH w/Tammy	Yoga w/Rene'	ZUMBA w/Lara	
3:00pm							MAX 30 w/Lori-Beth
4:00pm		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required			Deep Stretch Yoga w/Holly
5:00pm	MAX 30 w/Lori-Beth	STEP/ COMBO w/Melinda	RIP w/Lori-Beth	KICK BOXING COMBO w/Melinda			
6:00pm	ZUMBA w/Lara	ZUMBA w/Renee	ZUMBA w/Lara	ZUMBA w/Renee			
7:00pm	PIYO- STRENGTH w/Tammy	RIP w/Adana	FIT BARRE w/Adana	RIP w/Adana			



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