

July Fitness Class Schedule

Studios Phone: 935-6752
TF Fit Ctr Phone: 935-6740

Hrs: M-Sat 8am-noon; 3-5 MW

All Classes \$5.00 (\$3.75 w/prepaid package) unless specified
Guests may not use discounted package

	Studio #1	Studio #2	Studio #3			
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Janet (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)			
	Classic Aerobics w/ Helen		Classic Aerobics w/ Helen		Classic Aerobics w/ Helen	
		Yoga & More w/ Allen		Yoga & More w/ Allen		
9:00	Tai Chi/Qigong w/ DVD - no charge			Hydro Challenge w/ Shirleen(Outdoor Pool)		
	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Helen	Zumba w/ Helen	Strength & Conditioning w/ Helen	Core Combo Yoga w/ Becca
	Core Combo Yoga w/ Becca	Yin Yoga w/ Stephanie	Zumba w/ Cindy	Yin Yoga w/ Stephanie		Zumba w/ Cher
Spin Bikes Available in Studio #3						
10:00	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Chair Yoga w/ Karen	20/20/20 w/ Patti	Seated Combo w/ Becca
	Pilates/Barre w/ Becca	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	Pilates w/ Shirleen	Sit & Fit w/ Shirleen	
					Aqua Zumba w/ Helen (starts 7/11)	
Spin Bikes Available in Studio #3						
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Janet	Gentle Cardio Strength w/ Patti	Balance Plus w/ Janet	Gentle Cardio Strength w/ Patti	
	#2 Not available 11-4	Country Fitness w/Cortney	04 0e 39 5a 9e 11 91	#2 Not available 11 -4		
	Spin Bikes Available in Studio #3					
1:00	1:00 Hydro Challenge w/ Janet					
2:30		Aqua Zumba w/ Helen (Outdoor Pool)		Aqua Zumba w/ Helen (Outdoor Pool)		
3:00	Unwind Body and Mind w/ Stephanie		Yin Yoga w/ Stephanie		Happy 4th of July! No classes on the 4th. It's BACK! Aqua Zumba starts 7/11, Fridays	
4:00					NEW! Tai Chi/Qigong with DVD on Mondays at 9am - NO CHARGE!	

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/