

# Fitness Facility Aerobics Calendar – July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>6:00am</b> Sculpt-Andrea <b>9:15am-</b> Sculpt-Andrea W.	2 <b>9:15am</b> Pilates w/Props-Eva <b>9:15am</b> Circuit training – Tracie <b>10:30am</b> Young @ Heart-Tracie	3 <b>6:00am</b> Cardio/Sculpt-Andrea <b>6:00pm</b> Cardio Interval-Jenny	4  <b>No classes Fourth of July!!!</b>	5
6  Join us in Worship 8:00, 9:30 or 11:00	7 <b>9:15am</b> Power Pilates-Eva <b>9:15am</b> Zumba-Maria <b>10:30am</b> Young @ Heart-Maria <b>6:00pm</b> Tabata-Andrea W.	8 <b>6:00am</b> Sculpt-Andrea <b>9:15am-</b> Sculpt-Maria	9 <b>9:15am</b> Pilates w/Props-Eva <b>9:15am</b> Step/Sculpt –Jenny <b>10:30am</b> Young @ Heart-Jenny	10 <b>6:00am</b> Cardio/ Sculpt-Andrea <b>6:00pm</b> Zumba/Step/Sculpt-Jenny	11 <b>9:15 am</b> Yoga-Eva <b>9:15 am</b> Zumba Toning-Danielle R. <b>10:30am</b> Young @ Heart-Eva	12
13  Join us in Worship 8:00, 9:30 or 11:00	14 <b>9:15am</b> Power Pilates-Eva <b>9:15am</b> Zumba-Maria <b>10:30am</b> Young @ Heart-Maria <b>6:00pm</b> Tabata-Andrea W.	15 <b>6:00am</b> Sculpt-Andrea <b>9:15am</b> Sculpt-Maria	16 <b>9:15am</b> Pilates w/Props-Eva <b>9:15am</b> Step Interval –Maria Hurd <b>10:30am</b> Young @ Heart-Maria Hurd	17 <b>6:00am</b> Cardio/ Sculpt-Britney <b>6:00pm</b> Cardio Interval-Maria G.	18 <b>9:15 am</b> Pilates/Sculpt-Tracie <b>9:15 am</b> Kickbox /Sculpt-Maria G. <b>10:30am</b> Young @ Heart-Maria G.	19
20  Join us in Worship 8:00, 9:30 or 11:00	21 <b>9:15am</b> Pilates/Sculpt-Tracie <b>9:15am</b> Zumba-Ivette <b>10:30am</b> Young @ Heart-Ivette <b>6:00pm</b> Tabata-Andrea W.	22 <b>6:00am</b> Sculpt-Andrea <b>9:15am</b> Sculpt-Andrea W.	23 <b>9:15am</b> No Pilates <b>Different Schedule in AR room</b> <b>8:30 Tabata class only in the AR room for this day</b> <b>No other classes</b>	24 <b>6:00am</b> Cardio/ Sculpt-Andrea <b>6:00pm</b> No Class	25 <b>9:15am</b> No Yoga <b>9:15am</b> Tabata-Andrea W. <b>10:30am</b> Young @ Heart-Andrea W.	26
27  Join us in Worship 8:00, 9:30 or 11:00	28 <b>9:15am</b> Power Pilates -Eva <b>9:15am</b> Zumba-Maria <b>10:30am</b> Young @ Heart-Maria <b>6:00pm</b> Tabata-Andrea W.	29 <b>6:00am</b> Sculpt-Andrea <b>9:15am</b> Sculpt-Maria	30 <b>9:15am</b> Pilates w/Props-Eva <b>9:15am</b> Step/Sculpt –Jenny <b>10:30am</b> Young @ Heart-Jenny	31 <b>6:00am</b> Cardio/Sculpt-Andrea <b>6:00pm</b> Cardio Interval-Jenny		