

Carmel Baptist Fitness Class Calendar July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:15 Pilates-Eva 9:15 Total Strength Maria G. 10:15 Beg/Intermediate Cardio Sculpt-Maria H.	2	3 No Classes	4
5 Join us in Worship 8:00, 9:30 or 11:00	6 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	7	8 8:15 Pilates-Eva 9:15 Cardio Dance Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	9	10 8:15 Yoga-Eva 9:15 Total Strength- Tracie 10:15 Beg/Intermediate Kickbox Sculpt-Maria	11
12 Join us in Worship 8:00, 9:30 or 11:00	13 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	14	15 8:15 Pilates-Eva 9:15 Step/Sculpt-Maria H. 10:15 Beg/Intermediate Cardio Sculpt-Maria H.	16	17 8:15 Yoga-Eva 9:15 Total Strength- Tracie 10:15 Beg/Intermediate Kickbox Sculpt-Maria	18
19 Join us in Worship 8:00, 9:30 or 11:00	20 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	21	22 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	23	24 8:15 Yoga-Eva 9:15 Total Strength- Tracie 10:15 Beg/Intermediate Kickbox Sculpt -Maria	25
26 Join us in Worship 8:00, 9:30 or 11:00	27 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	28	29 8:15 Pilates-Eva 9:15 Step/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	30	31 8:15 Yoga-Eva 9:15 Total Strength- Tracie 10:15 Beg/Intermediate Cardio Sculpt-TBA	To be added to the Carmel Fitness email list, please email Jenny at jmulllow ey2@gm ail.com

