

Carmel Baptist Fitness Class Calendar August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Join us in Worship 8:00, 9:30 or 11:00	3 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	4 9:15 Sculpt-Maria	5 8:15 Pilates-Eva 9:15 Cardio Dance Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	6 9:15 Cardio Interval-Jenny	7 8:15 No Yoga 9:15 Total Strength- Andrea 10:15 Beg/Intermediate Cardio Sculpt- Andrea	8
9 Join us in Worship 8:00, 9:30 or 11:00	10 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	11 9:15 Sculpt-Maria	12 8:15 Pilates-Eva 9:15 Step/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt- Jenny	13 9:15 Tabata-Jenny	14 8:15 Yoga-Eva 9:15 Circuit-Tracie 10:15 Beg/Intermediate Cardio Sculpt-Maria H.	15
16 Join us in Worship 8:00, 9:30 or 11:00	17 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	18 9:15 Sculpt-Maria	19 8:15 Core Sculpt-Tracie 9:15 Cardio Dance/Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	20 9:15 Cardio Interval-Jenny	21 8:15 Yoga-Eva 9:15 Total Strength- Tracie 10:15 Beg/Intermediate Cardio Sculpt-Maria H.	22
23 Join us in Worship 8:00, 9:30 or 11:00	24 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	25 9:15 Sculpt-Maria	26 8:15 Pilates-Eva 9:15 Step/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	27 9:15 Tabata-Jenny	28 8:15 Yoga-Eva 9:15 Circuit-Tracie 10:15 Beg/Intermediate Cardio Sculpt-Maria H.	29
30	31 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria					To be added to the Carmel Fitness email list, please email Jenny at jmullooney2 @gmail.com

