



July 2014 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>8:00 a.m. Total Body Tone 12:00 p.m. On the Ball 3:30 p.m. Pilates Fusion 4:30 p.m. Tabata</p>	<p>2</p> <p>8:00 a.m. On the Ball 12:00 p.m. Body Blast 3:30 p.m. Pilates Fusion 4:30 p.m. Body Blast 5:30 p.m. Zumba</p>	<p>3</p> <p>8:00 a.m. Circuits w/Chelsie 12:00 p.m. Total Body Tone 3:30 p.m. Cardio Circuit 4:30 p.m. Pilates Fusion</p>	<p>4</p> <p>8:00 a.m. NO CLASS</p> <div style="text-align: center;">  <p><i>Happy Fourth of July!!</i></p> </div>
<p>7</p> <p>12:00 p.m. Yoga 3:30 p.m. Tabata 4:30 p.m. Cardio Circuit 5:30 p.m. Zumba</p>	<p>8</p> <p>8:00 a.m. Total Body Tone 12:00 p.m. On the Ball 3:30 p.m. Pilates Fusion 4:30 p.m. Tabata</p>	<p>9</p> <p>8:00 a.m. On the Ball 12:00 p.m. Body Blast 3:30 p.m. Pilates Fusion 4:30 p.m. Body Blast 5:30 p.m. Zumba</p>	<p>10</p> <p>8:00 a.m. Circuits 12:00 p.m. Total Body Tone/Chelsie 3:30 p.m. Cardio Circuit 4:30 p.m. Pilates Fusion</p>	<p>11</p> <p>8:00 a.m. Yoga Your Way</p>
<p>14</p> <p>12:00 p.m. Yoga 3:30 p.m. Tabata 4:30 p.m. Cardio Circuit 5:30 p.m. Zumba</p>	<p>15</p> <p>8:00 a.m. Total Body Tone 12:00 p.m. On the Ball 3:30 p.m. Pilates Fusion 4:30 p.m. Tabata</p>	<p>16</p> <p>8:00 a.m. On the Ball 12:00 p.m. Body Blast 3:30 p.m. NO CLASS 4:30 p.m. Body Blast</p>	<p>17</p> <p>8:00 a.m. Circuits w/Chelsie 12:00 p.m. Total Body Tone 3:30 p.m. Cardio Circuit 4:30 p.m. Pilates Fusion 5:30 p.m. Zumba</p>	<p>18</p> <p>8:00 a.m. Yoga Your Way</p>
<p>21</p> <p>12:00 p.m. Yoga 3:30 p.m. NO CLASS 4:30 p.m. Cardio Circuit</p>	<p>22</p> <p>8:00 a.m. Total Body Tone 12:00 p.m. On the Ball 3:30 p.m. Pilates Fusion 4:30 p.m. Tabata 5:30 p.m. Zumba</p>	<p>23</p> <p>8:00 a.m. On the Ball 12:00 p.m. Body Blast 3:30 p.m. Pilates Fusion 4:30 p.m. Body Blast 5:30 p.m. Zumba</p>	<p>24</p> <p>8:00 a.m. Circuits 12:00 p.m. Total Body Tone/Chelsie 3:30 p.m. Cardio Circuit 4:30 p.m. Pilates Fusion</p>	<p>25</p> <p>8:00 a.m. Yoga Your Way</p>
<p>28</p> <p>12:00 p.m. NO CLASS 3:30 p.m. Tabata 4:30 p.m. Cardio Circuit 5:30 p.m. Zumba</p>	<p>29</p> <p>8:00 a.m. Total Body Tone 12:00 p.m. On the Ball 3:30 p.m. Pilates Fusion 4:30 p.m. Tabata</p>	<p>30</p> <p>8:00 a.m. On the Ball 12:00 p.m. Body Blast 3:30 p.m. Pilates Fusion 4:30 p.m. Body Blast 5:30 p.m. Zumba</p>	<p>31</p> <p>8:00 a.m. Circuits w/Chelsie 12:00 p.m. Total Body Tone 3:30 p.m. Cardio Circuit 4:30 p.m. Pilates Fusion</p>	<p>1</p> <p>8:00 a.m. NO CLASS</p>