



# July 2018 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
2 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	3 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	4 12:00-12:30pm NO CLASS  HAPPY 4TH!!!!	5 12:00-12:30pm Circuits 4:30-5:30pm Anything Goes	6
9 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	10 12:00-12:30pm Bosu/Core/Cardio 4:30-5:30pm Tuesday Tabata	11 12:00-12:30pm NO CLASS	12 12:00-12:30pm Body Blast 4:30-5:30pm Anything Goes	13
16 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	17 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	18 12:00-12:30pm Total Body Tone	19 12:00-12:30pm Circuits 4:30-5:30pm Anything Goes	20
23 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	24 12:00-12:30pm Bosu/Core/Cardio 4:30-5:30pm Tuesday Tabata	25 12:00-12:30pm Tabata	26 12:00-12:30pm Body Blast 4:30-5:30pm Anything Goes	27
30 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	31 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata			