



# Exercise Class Schedule

## Summer noon-time classes:

### Week of 7/24/17

TIME	MON 7/24	TUE 7/25	WED 7/26	THU 7/27	FRI 7/28
12 -12:50 PM	Strength Intervals w/ Sheila in Gym	Sole Synthesis w/ Julie in Gym	Julie's Choice : ) w/ Julie in gym	Early Bird Spin w/ Kathy in Spin Room <hr/> Yoga w/ Becky in gym	Strong by Zumba w/ Sheila in Gym <hr/> <b>NO YOGA TODAY</b>

### Week of 7/31/17

TIME	MON 7/31	TUE 8/1	WED 8/2	THU 8/3	FRI 8/4
12 -12:50 PM	Strength Intervals w/ Sheila in Gym	Becky's Choice : ) w/ Becky in Gym	Sheila's Strength combo w/ Sheila in gym  Sheila is also teaching on 8/9	Early Bird Spin w/ Kathy in Spin Room <hr/> Yoga w/ Becky in gym	Strong by Zumba w/ Sheila in Gym <hr/> <b>Yoga w/Becky In Mat Room</b>