Updated 5/31/18

June 2018 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1-2p Hip-Hop/Stiletto Dance	2 ****NEW CLASS**** 9-10a Boot Camp*-**Andrew**
3	4 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	5 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	6 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	7 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	8 1-2p Hip-Hop/Stiletto Dance	9
10	11 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	12 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	13 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	14 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	15 1-2p Hip-Hop/Stiletto Dance	16 ****NEW CLASS**** 9-10a Boot Camp*-**Andrew**
17	18 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	19 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	20 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	21 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	22 1-2p Hip-Hop/Stiletto Dance	23
24	25 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	26 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	27 7:15-8:00a Yogalates ****NEW CLASS**** 5:00-5:30p Quick Fit-**Andrew** 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	28 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning-**Andrew**	29 1-2p Hip-Hop/Stiletto Dance	30 ****NEW CLASS**** 9-10a Boot Camp*-**Andrew**