Updated 7/31/18

August 2018 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	2 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning	3 1-2p Hip-Hop/Stiletto Dance 5:30-6:30p GetFit	4
5	6 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 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	8 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	9 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning	10 1-2p Hip-Hop/Stiletto Dance 5:30-6:30p GetFit	11
12	13 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 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	15 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	16 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning	17 1-2p Hip-Hop/Stiletto Dance 5:30-6:30p GetFit	18
19	20 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 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	22 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	23 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning	24 1-2p Hip-Hop/Stiletto Dance 5:30-6:30p GetFit	25
26	27 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 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	29 7:15-8:00a Yogalates 5:00-5:30p Quick Fit 5:30-6:30p Zumba® 7-8p Hip-Hop/Stiletto Dance	30 8:20–8:50a Mobility & Agility 9-10a Forever Young 5:15-6p Core + Strength & Conditioning	31 1-2p Hip-Hop/Stiletto Dance 5:30-6:30p GetFit	September 1