Updated 5/30/19

June 2019 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30p GetFit cancelled for the summer but will resume in August ***6-6:30p Kickboxing will now be Yoga***					1 10-11a Forever Young
2	3 ***6:15-7:15a No Stretch Fusion today*** **New 1-1:45p Line Dance - Holloman** **New 1:45-3:15p Yang Style TaiChi - Holloman** 5-5:30p Quick Fit 5:30-6:30p Zumba®	4 ***6:15-7:15a No Circuit Training today*** 9:30-10:30a Forever Young- **Javon** 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	5 6:15-7:15a Stretch Fusion- **Christa** 9-10a Barre 5-5:30p Quick Fit 5:30-6:30p Zumba®	6 ***6:15-7:15a No Circuit Training today*** 9:30-10:30a Forever Young-**Javon** 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	7 9-10a Barre	8 10-11a Forever Young
9	10 6:15-7:15a Stretch Fusion **New 1-1:45p Line Dance - Holloman** **New 1:45-3:15p Yang Style TaiChi - Holloman** 5-5:30p Quick Fit 5:30-6:30p Zumba®	11 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	12 6:15-7:15a Stretch Fusion 9-10a Barre 5-5:30p Quick Fit 5:30-6:30p Zumba®	13 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	14 9-10a Barre	15 10-11a Forever Young
16	17 6:15-7:15a Stretch Fusion 1-1:45p Line Dance - **Holloman** 1:45-3:15p Yang Style TaiChi - **Holloman** 5-5:30p Quick Fit 5:30-6:30p Zumba®	18 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	19 6:15-7:15a Stretch Fusion 9-10a Barre 5-5:30p Quick Fit 5:30-6:30p Zumba®	20 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	21 9-10a Barre	22 10-11a Forever Young
23 30	24 6:15-7:15a Stretch Fusion 1-1:45p Line Dance - **Holloman** 1:45-3:15p Yang Style TaiChi - **Holloman** 5-5:30p Quick Fit 5:30-6:30p Zumba®	25 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	26 6:15-7:15a Stretch Fusion 9-10a Barre 5-5:30p Quick Fit 5:30-6:30p Zumba®	27 6:15-7:15a Circuit Training 9:30-10:30a Forever Young 5:15-6p Core + Strength & Conditioning 6-6:30p Yoga	28 9-10a Barre	29