Updated 7/31/2018

August 2018 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 29	July 30 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water ***10-11a NO Forever Young this morning*** ***5:30-5:45p NO Core this evening*** 6-7p Zumba®-**Jackie**	July 31 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp-**Javon** 6:15-7:15p Zumba Toning® ***6:30-7:30p NO Water Aerobics this evening***	1 9-10a PHITT ****NEW CLASS* 10:15–11:15a Yoga-Michela*** 6-7p Zumba®-**Stacey**	2 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba®-**Jackie** ***10-11a NO Forever Young this morning*** ***5-6p NO Boot Camp this evening*** 6-7p Zumba®-**Stacey** ****TEMPORARY TIME CHANGE**** 7:10-8:10p Water Aerobics-**Bea**	3 9-9:45a GIT Fit ****NEW CLASS* 10:15–11:15a Yoga-Michela***	4
5	6 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water ***10-11a NO Forever Young this morning*** 5:30-5:45p Core-**Bea** 6-7p Zumba®-**Jackie**	7 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp **Javon** ****NEW CLASS**** 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics-**Amy**	8 9-10a PHITT ****NEW CLASS* 10:15–11:15a Yoga-Michela*** 6-7p Zumba®-**Jackie**	9 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® ***10-11a NO Forever Young this morning*** ***5-6p NO Boot Camp this evening*** 6-7p Zumba®-**Stacey** ****TEMPORARY TIME CHANGE**** 7:10-8:10p Water Aerobics-**Bea**	10 9-9:45a GIT Fit ****NEW CLASS* 10:15–11:15a Yoga-Michela***	11
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26	27 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a Forever Young 5:30-5:45p Core 6-7p Zumba®	28 8-8:30a Pilates 9-10a Water Aerobics 9-10a Boot Camp ***NEW CLASS*** 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics	29 9-10a PHITT ***NEW CLASS* 10:15–11:15a Yoga-Michela*** 6-7p Zumba®- **Stacey**	30 8-8:30a Pilates 9-10a Water Aerobics 9-10a Zumba® 10-11a Forever Young 5-6p Boot Camp 6-7p Zumba® 7-8p Water Aerobics	31 9-9:45a GIT Fit ***NEW CLASS* 10:15–11:15a Yoga-Michela***	September 1