Updated 6/29/2018

July 2018 Fitness Schedule - Mary Ann Phelps Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ***9-10a NO Forever Young this morning*** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	3 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga-**Fleta**	4 ***CLOSED INDEPENDENCE DAY***	5 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates ***5:15-6p NO Pilates & TBC this evening*** 6-7:10pm Hatha Yoga-**Fleta**	6 10-11a Roll Your Yoga-**Michela**	7
8	9 ***9-10a NO Forever Young this morning*** 12-1p Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	10 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	11 9-10a Forever Young	12 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	13 10-11a Roll Your Yoga-**Michela**	14
15	16 9-10a Forever Young 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	17 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	18 9-10a Forever Young	19 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates ***5:15-6p NO Pilates & TBC this evening*** ***6-7:10p NO Hatha Yoga this evening***	20 10-11a Roll Your Yoga-**Silke**	21
22	23 9-10a Forever Young 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	24 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	25 9-10a Forever Young	26 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	27 10-11a Roll Your Yoga-**Silke**	28
29	30 9-10a Forever Young 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	31 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	August 1 9-10a Forever Young	August 2 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	August 3 10-11a Roll Your Yoga-**Silke**	August 4

TBC = Total Body Conditioning **TBD = To Be Determined**

***Must register for this class. Member-free, Non-member $30/mo.**