



July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 6:30 PM Zumba 5:45 PM Yoga	4 Closed For Fourth of July	5 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:30 PM Circuit 5:45 PM Yoga Soccer Camp 8am-10am	6 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:45PM Zumba 6:15 PM Buti Yoga Soccer Camp 8am-10am	7 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball Soccer Camp 8am-10am Midnight soccer 8PM-12AM	8 9 AM Defensive Driving Class 10am Mom and Daughter Zumba
9	10 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 6:30 PM Zumba 5:45 PM Yoga	11 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30PM Zumba 5:30 PM ABS & Strength Training 6:15 PM Buti Yoga	12 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:30 PM Circuit 5:45 PM Yoga	13 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:45PM Zumba 6:15 PM Buti Yoga	14 9 AM Zumba Gold 9:30-12 Open Sew 10 AM Sit & Fit 10 AM Bean Bag Baseball Midnight soccer 8PM-12AM	15
16	17 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 630 PM Zumba 5:45 PM Yoga	18 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:30PM Zumba 6:15 PM Buti Yoga	19 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:30 PM Circuit 5:45 PM Yoga	20 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:45PM Zumba 6:15 PM Buti Yoga	21 9 AM Zumba Gold 9:30-12 Open Sew 10 AM Sit & Fit 10 AM Bean Bag Baseball Midnight soccer 8PM-12AM	22 10am Mom and Daughter Zumba
23	24 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 630 PM Zumba 5:45 PM Yoga	25 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:30 PM ABS & Strength Training 5:30PM Zumba 6:15 PM Buti Yoga	26 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:30 PM Circuit 5:45 PM Yoga	27 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:45PM Zumba 6:15 PM Buti Yoga	28 9 AM Zumba Gold 9:30-12 Open Sew 10 AM Sit & Fit 10 AM Bean Bag Baseball Midnight soccer 8PM-12AM	29
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Hours of Operation
Mon-Fri 6 AM - 7 PM
Saturday 8 AM - 2 PM
Closed on Sundays

Enos Derbonne
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Imagine
 with all
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 Believe
 with all
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 Achieve
 with all
 your might.