

August

2018

Group Fitness Calendar

www.moodyciviccenter.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:15a Spin – Tom **Free AM Spin** 5:30p Yoga-Maggie 6:30p Spin - Maggie	2 10:30a Seniors-Trish 5:30p Dance Fitness- With Sharon 6:30p Yoga - Tom	3	4 ***No Boot Camp***
5	6 5:30p Dance Fitness- With Sharon	7 10:30a Seniors-Trish **Free Senior Class** 5:30p Yoga-Maggie 6:30p Tabata - Maggie	8 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin - Maggie	9 10:30a Seniors-Trish 5:30p Dance Fitness- With Sharon 6:30p Yoga - Tom	10	11 8:30a Boot Camp – Lori
12	13 5:30p Dance Fitness- With Sharon	14 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata - Maggie	15 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin - Maggie	16 10:30a Seniors-Trish 5:30p Dance Fitness- With Sharon 6:30p Yoga - Tom	17	18 8:30a Boot Camp – Lori
19	20 5:30p Dance Fitness- With Sharon	21 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata - Maggie	22 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin - Maggie	23 10:30a Seniors-Trish 5:30p Dance Fitness- With Sharon 6:30p Yoga - Tom	24	25 8:30a Boot Camp – Lori
26	27 5:30p Dance Fitness- With Sharon	28 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata - Maggie	29 6:15a Spin – Tom 5:30p Yoga-Maggie 6:30p Spin - Maggie	30 10:30a Seniors-Trish 5:30p Dance Fitness- With Sharon 6:30p Yoga - Tom	31	

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