

July

2018

Group Fitness Calendar

www.moodyciviccenter.com

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

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