

JULY FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM Yoga Kathy O	7:00 AM Cardio Strength & Beaming David 1-1/2 hr. class	7:30 AM Yoga/Pilates Fusion Kathy O	7:00 AM Low Impact & Sculpt David 1 hr. class	7:30 AM Spin Class Kathy O <i>Intermediate (50 minutes)</i>	7:00 AM Spin Circuit/Splash David 1-1/2 hr. class	8:30 AM Weekend Warrior Tony/Spin Class
10:15 AM Aqua Mania Kathy O	9:00 AM Mind Body Stretch Scott	9:00 AM Burn & Firm Kathy O	8:00 AM Mind/Body Beaming David	9:00 AM Just Kick It Kathy O	9:00 AM Total Body Kathy S	9:30 AM Qigong Kaleo
11:00 AM Spin Class Bootsie <i>Intermediate (50 minutes)</i>	10:15 AM Aqua Fitness Kathy S	10:30 AM Endurance Spin Class Kathy O <i>Intermediate (50 minutes)</i>	9:00 AM Total Body Kathy S.	10:00 AM AB Blaster Kathy O <i>(30 minutes)</i>	10:15 AM Total Pump Combo Daniel	10:15 AM Aqua Mania Emil
	10:30 AM Spin Mania Tony <i>(50 min Class)</i>	4:30 PM Pilates Susie	10:15 AM Total Pump Kathy O <i>(Limit 10 per class)</i>	10:30 AM Dance Fusion Virginia	10:15 AM Aqua Fitness Kathy S	
	4:30 PM Power Yoga John	6:00 PM East West Fusion Scott	10:15 AM Aqua Fitness Kathy S	11:30 AM Ageless Beaming & Sculpt Kathy O	5:30 PM Spin Class Lorrie	
	5:30 PM Martial Cardio Dance Scott		4:00 PM Yoga Kaleo	4:30 PM Gentle Yoga John		
			5:30 PM Power & Strength Spin Class 50 min. Bootsie- Intermediate			



SPA RESORT CASINO

HIRE A PERSONAL TRAINER TODAY CALL: 760-778-1540

All Classes subject to change