

Chillicothe Fitness & Racquet Club

Activity Calendar

Activity Calendar

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
INSTRUCTORS: <u>Misty Allen</u> <i>Senior Circuit</i> <i>Silversneakers</i> <i>HIIT</i> <i>Delay the Disease</i>	2 6:30am Stretch & Core 10am Senior Circuit 6am AMRAP 7pm Spin 7pm ZUMBA	3 7pm NO YOGA 7pm Pilates	4 HAPPY 4 TH OF JULY! CLUB IS CLOSED TODAY	5 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	6 6:30am HIIT 9am Zumba Gold 10am Silversneaker Classic	7 9am ZUMBA 9:30am Mix Level Yoga
<u>Bev Britton</u> <i>ZUMBA</i> <i>Pilates</i>	9 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	10 7pm MIX LEVEL YOGA 7pm Pilates	11 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	12 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	13 6:30am HIIT 9am Zumba Gold 10am Silversneaker Classic	14 9am ZUMBA 9:30am Mix Level Yoga
<u>Mary Grote</u> <i>ZUMBA Gold</i>	16 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	17 7pm MIX LEVEL YOGA 7pm Pilates	18 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	19 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	20 6:30am HIIT 9am Zumba Gold 10am Silversneaker Classic	21 9am ZUMBA 9:30am Mix Level Yoga
<u>Patty Swanson</u> <i>ZUMBA</i>	23 6:30am NO CLASS 10am NO CLASS 6pm AMRAP 7pm Spin 7pm ZUMBA	24 7pm MIX LEVEL YOGA 7pm Pilates	25 6:30am NO CLASS 9am ZUMBA Gold 10am NO CLASS 7pm ZUMBA Blacklight	26 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	27 6:30am NO CLASS 9am Zumba Gold 10am NO CLASS	28 9am ZUMBA 9:30am Mix Level Yoga
<u>Nancy Kennelly</u> <i>YOGA</i>	30 6:30am Stretch & Core 10am Senior Circuit 6pm NO CLASS 7pm NO CLASS 7pm ZUMBA	31 7pm MIX LEVEL YOGA 7pm Pilates				
<u>Christopher Seeley</u> <i>AMRAP</i> <i>SPIN</i>						
<u>Pam Nichols</u> <i>Tai Chi</i>						
Class pass for non-members is only \$5! WE ARE CLOSED JULY 4TH!						