

# Chillicothe Fitness & Racquet Club

## Activity Calendar

### Activity Calendar

### AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>INSTRUCTORS:</b> <u>Misty Allen</u> <i>Senior Circuit</i> <i>Silversneakers</i> <i>HIIT</i> <i>Delay the Disease</i>  <u>Bev Britton</u> <i>ZUMBA</i> <i>Pilates</i>  <u>Mary Grote</u> <i>ZUMBA Gold</i>  <u>Patty Swanson</u> <i>ZUMBA</i>  <u>Nancy Kennelly</u> <i>YOGA</i>  <u>Christopher Seeley</u> <i>AMRAP</i> <i>SPIN</i>  <u>Pam Nichols</u> <i>Tai Chi</i>			1 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	2 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	3 6:30am HIIT 9am Zumba Gold 10am Silversneaker Classic	4 9am ZUMBA 9:30am Mix Level Yoga
	6 6:30am Stretch & Core 10am Senior Circuit NO AMRAP NO Spin 7pm ZUMBA	7 7pm MIX LEVEL YOGA 7pm Pilates	8 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	9 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	10 6:30am HIIT 9am Zumba Gold 10am Silversneaker Classic	11 9am ZUMBA 9:30am Mix Level Yoga
	13 6:30am Stretch & Core 10am Senior Circuit NO AMRAP NO Spin 7pm ZUMBA	14 7pm MIX LEVEL YOGA 7pm Pilates	15 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	16 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	17 6:30am HIIT 10am Silversneaker Classic	18 9am ZUMBA 9:30am Mix Level Yoga
	20 6:30am Stretch & Core 10am Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	21 7pm MIX LEVEL YOGA 7pm Pilates	22 6:30am HIIT 9am ZUMBA Gold 10am Silversneaker Classic 7pm ZUMBA Blacklight	23 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	24 NO HIIT NO Silversneaker Classic	25 9am ZUMBA 9:30am Mix Level Yoga
	27 NO Stretch & Core NO Senior Circuit 6pm AMRAP 7pm Spin 7pm ZUMBA	28 7pm MIX LEVEL YOGA 7pm Pilates	29 NO HIIT 9am ZUMBA Gold NO Silversneaker Classic 7pm ZUMBA Blacklight	30 7pm Pilates 7:45pm Tennis Clinic Mix Level Adult – fee based	31 NO HIIT NO Silversneaker Classic	
	<b>Class pass for non-members is only \$5!</b> <b>Tai Chi will be starting back in September</b>					