















July 2010



Monday	Tuesday	Wednesday	Thursday	Friday
Total Spin 6:00am Ted	Total Spin 6:00am Ted	Total Spin 6:00am Ted	Total Spin 6:00am Ted	Swim Work Out 7:00am - 8:00 Celia
Total Pump Plus 7:00am - 8:30am Johnny		Track Work out at Tarpon High School 5:30am Celia	Total Blitz 7:00am -8:00am Celia	Total Pump Plus 7:00am - 8:30am Johnny
	Total Blitz 7:00am- 8:00am Celia	Zumba 7:00am - 8:00am Linda		Run on the Trail 8:00am - 8:45am Celia
ZUMBA GOLD 9:00am Linda	Mommy & Me 9:30am-10:00am Pam	Yoga 8:30am Jeanne	Mommy & Me 9:30am-10:00am Pam	Yoga 8:30am Jeanne
 Silver Splash 9:00am-9:30am Spyro	 Silver Splash 9:00am-9:30am Pam	 Silver Splash 9:00am-9:30am Spyro	 Silver Splash 9:00am-9:30am Pam	 Silver Splash 9:00am-9:30am Celia
Beginner Tai Chi 10:00am Sedgie Uptairs	Total Heart & Body 10:00am Pam	ZUMBA GOLD 10:00am Linda	Total Heart & Body 10:00am Pam	 Cardio 2 Circuit 10:00am Celia
 Muscle Strength 11:00am Spyro	 Muscle Strength 11:00am Pam	 Muscle Strength 11:00am Spyro	 Muscle Strength 11:00am Pam	Beginner Tai Chi 11:00am Sedgie
Stretch 12:00 noon Pam	 Yoga Stretch 12:00 noon Pam	Stretch 12:00 noon Celia	 Yoga Stretch 12:00 noon Pam	
Swim Work Out 5:30-6:00 pm Group Swim at Fred Howard Park				Chen Tai Chi 6:00pm Sedgie
Total Heart & Body 5:30pm Veronica	Beginner Tai Chi 5:30pm Sedgie	Chen Tai Chi 5:30pm Sedgie	Yoga at Sunset Beach 6:00pm Pam	Saturday
Total Strength Circuit 6:30pm Veronica	ZUMBA 6:30pm Linda	Open Spin 6:30pm No Instructor	ZUMBA 6:15pm Linda	
Total Spin 6:30pm Celia	Total Spin 6:30pm *last Tuesday is 6-8 Celia	Total Strength Circuit 6:30pm Joel	Total Spin 6:30pm Celia / Veronica	Total Strength Circuit 9:00am Joel
Karate 7:30pm Mike Upstairs		ZUMBA 7:30pm Linda		Total Heart & Body 10:00am Veronica
HOT Yoga 7:30pm Pam	Yoga 7:30pm Pam	Karate 7:30pm Mike Upstairs	Matt Based Pilates 7:30pm Paula	Kayaking Sign up at the front desk Spyro

****Silver Sneakers Summer Social ! Thursday July 22nd at 11am

B.Y.O.F ! FRIDAY AFTER 5PM - EVERY FRIDAY, BRING A FRIEND FOR A FREE!