

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 POWER YOGA</b> <b>5:00-6am</b> Tune Up 8:30-9:30am Youth Fitness 12-2 Circuit Unlimited 5:15-6:00pm	<b>2 Zumba Circuit</b> <b>5:00- 6am</b>  No afternoon classes	<b>3</b> <b>No classes</b>	<b>4</b> <b>No classes</b>	<b>5</b> <b>No classes</b>	6
<b>7 Yoga for Health</b> 5:30-6:30pm <b>Cut to the Core</b> 6:40- 7:10pm <b>Mindful Eating</b> 7:30-9:00 pm	<b>8 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am Circuit Unlimited 5:15-6:00pm	<b>9 Rise and Shine</b> <b>Boot camp</b> 5:00- 6am Youth Fitness 12-2 <b>Gentle Yoga</b> <b>5:30-5:30pm</b> <b>Zumba -6:30-7:30pm</b>	<b>10 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am <b>Zumba</b> 5:15-6:15pm <b>Cut to the Core</b> <b>6:20pm 6:50pm</b>	<b>11 Rise and Shine</b> <b>Boot camp</b> 5:00- 6am Youth Fitness 12-2 <b>Yoga for Health</b> <b>5:30-6:25pm</b> <b>Zumba Circuit</b> <b>6:30-7:30pm</b>	<b>12 Cut to the Core</b> <b>8:45am- 9:15am</b>	13
<b>14</b> <b>Mindful Eating</b> <b>7:30-9:00 pm</b>	<b>15 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am Circuit Unlimited 5:15-6:00pm	<b>16 Rise and Shine</b> <b>Boot camp</b> 5:00- 6am Youth Fitness 12-2 <b>Gentle Yoga</b> <b>4:30-5:30pm</b> <b>Zumba -6:30-7:30pm</b>	<b>17 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am <b>Zumba</b> 5:15-6:15pm <b>Cut to the Core</b> <b>6:20pm 6:50pm</b>	<b>18 Rise and Shine</b> <b>Boot camp</b> 5:00- 6am Youth Fitness 12-2 <b>Yoga for Health</b> <b>5:30-6:25pm</b> <b>Zumba Circuit</b> <b>6:30-7:30pm</b>	<b>19 Cut to the Core</b> <b>8:45am- 9:15am</b>	20
<b>21 Yoga for Health</b> <b>5:30-6:30pm</b> <b>Cut to the Core</b> <b>6:40- 7:10pm</b> <b>Mindful Eating</b> <b>7:30-9:00 pm</b>	<b>22 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am Circuit Unlimited 5:15-6:00pm	<b>23 Rise and Shine</b> <b>Boot camp</b> 5:00- 6am Youth Fitness 12-2 <b>Gentle Yoga</b> <b>4:30-5:30pm</b> <b>Zumba -6:30-7:30pm</b>	<b>24 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am <b>Zumba</b> 5:15-6:15pm <b>Cut to the Core</b> <b>6:20pm 6:50pm</b>	<b>25 Rise and Shine</b> <b>Boot camp</b> 5:00- 6am Youth Fitness 12-2 <b>Yoga for Health</b> <b>5:30-6:25pm</b> <b>Zumba Circuit</b> <b>6:30-7:30pm</b>	<b>26 Cut to the Core</b> <b>8:45am- 9:15am</b>	27
<b>28 Mindful Eating</b> <b>7:30-9:00 pm</b>	<b>29 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am Circuit Unlimited 5:15-6:00pm	<b>30 Rise and Shine</b> <b>Boot camp</b> 5:00- 6am Youth Fitness 12-2 <b>Gentle Yoga</b> <b>4:30-5:30pm</b> <b>Zumba -6:30-7:30pm</b>	<b>31 TRX/ Kettle Bell Camp</b> <b>5:00-6am</b> Tune Up 8:30-9:30am <b>Zumba</b> 5:15-6:15pm <b>Cut to the Core</b> <b>6:20pm 6:50pm</b>	<b>Punch cards are \$50 for 10 classes or \$7 for drop ins. Punch cards may be purchased at class or through St. Clair Community Education.</b>	Rise and Shine Boot Camp and TRX/Kettle Bell are preregistration only.	<b>Classes are ongoing with no registration required! Attend when it works with your schedule. All classes held at the St. Clair American Legion. Come check one out!</b>

## JULY 2013 St. Clair Fitness Center