

# AUGUST 2013 St. Clair Fitness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><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></p>	<p>July/ August Session Rise and Shine Boot Camp and TRX/Kettle Bell are preregistration only. Coming soon Sept/ Oct. Sessions! Get registered.</p>	<p><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></p>		<p><b>1 Rise and Shine</b> Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30-7:30pm</p>	<p><b>2 Cut to the Core</b> 8:30am- 9:00am</p>	3
4	<p><b>5 TRX/ Kettle Bell Camp</b> 5:00-5:45am 5:45:6:30am Tune Up 8:30-9:30am Circuit Unlimited 5:30-6:15pm</p>	<p><b>6 Rise and Shine</b> Boot camp 5:00- 6am Youth Fitness 12-2 Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm</p>	<p><b>7 TRX/ Kettle Bell Camp</b> 5:00-6am Tune Up 8:30-9:30am Zumba 5:30-6:30pm Cut to the Core 6:35pm- 7:10pm</p>	<p><b>8 Rise and Shine</b> Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30-7:30pm</p>	<p><b>9 Cut to the Core</b> 8:30am- 9:00am</p>	10
11	<p><b>12 TRX/ Kettle Bell Camp</b> 5:00-5:45am 5:45:6:30am Tune Up 8:30-9:30am Circuit Unlimited 5:30-6:15pm</p>	<p><b>13 Rise and Shine</b> Boot camp 5:00- 6am Youth Fitness 12-2 Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm</p>	<p><b>14 TRX/ Kettle Bell Camp</b> 5:00-5:45am 5:45:6:30am Tune Up 8:30-9:30am Zumba 5:30-6:30pm Cut to the Core 6:35pm- 7:10pm</p>	<p><b>15 Rise and Shine</b> Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30-7:30pm</p>	<p><b>16 Cut to the Core</b> 8:30am- 9:00am</p>	17
18	<p><b>19 TRX/ Kettle Bell Camp</b> 5:00-5:45am 5:45:6:30am Tune Up 8:30-9:30am Circuit Unlimited 5:30-6:15pm</p>	<p><b>20 Rise and Shine</b> Boot camp 5:00- 6am Youth Fitness 12-2 Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm</p>	<p><b>21 TRX/ Kettle Bell Camp</b> 5:00-5:45am 5:45:6:30am Tune Up 8:30-9:30am Zumba 5:30-6:30pm Cut to the Core 6:35pm- 7:10pm</p>	<p><b>22 Rise and Shine</b> Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30-7:30pm</p>	<p><b>23 Cut to the Core</b> 8:30am- 9:00am</p>	24

25	<b>26 TRX/ Kettle Bell Camp</b> 5:00-5:45am 5:45:6:30am Tune Up 8:30-9:30am Circuit Unlimited 5:30-6:15pm	<b>27 Rise and Shine</b> Boot camp 5:00- 6am Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm	<b>28 TRX/ Kettle Bell Camp</b> 5:00-5:45am 5:45:6:30am Tune Up 8:30-9:30am Zumba 5:30-6:30pm Cut to the Core 6:35pm- 7:10pm	<b>29 Rise and Shine</b> Boot camp 5:00- 6am Yoga for Health 5:30-6:25pm Zumba Circuit 6:30-7:30pm	<b>30 Cut to the Core</b> 8:30am- 9:00am	31
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