

June 2013 St. Clair Fitness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2	3 TRX/ Kettle Bell 5am Tune Up 8:30-9:30am TRX Basics 5:30-6:15pm	4 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm	5 TRX/Kettle Bell 5am Tune Up 8:30-9:30am Zumba 5:15-6:15pm Cut to the Core 6:20pm 6:50pm	6 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30pm	7 Cut to the Core 8:45am- 9:15am	8
9 Yoga for Health 5:30-6:30pm Cut to the Core 6:40- 7:10pm Mindful Eating 7:30-9pm	10 TRX/ Kettle Bell 5am Tune Up 8:30-9:30am TRX Basics 5:30-6:15pm	11 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm	12 TRX/Kettle Bell 5am Tune Up 8:30-9:30am Zumba 5:15-6:15pm Cut to the Core 6:20pm 6:50pm	13 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30pm	14 Cut to the Core 8:45am- 9:15am	15
16 Mindful Eating 7:30-9pm	17 TRX/ Kettle Bell 5am Tune Up 8:30-9:30am TRX Basics 5:30-6:15pm	18 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm	19 TRX/Kettle Bell 5am Tune Up 8:30-9:30am Zumba 5:15-6:15pm Cut to the Core 6:20pm 6:50pm	20 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30pm	21 Cut to the Core 8:45am- 9:15am	22 St. Clair Days Fun Run
23 Mindful Eating 7:30-9pm	24 TRX/ Kettle Bell 5am Tune Up 8:30-9:30am TRX Basics 5:30-6:15pm	25 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Gentle Yoga 4:30-5:30pm Zumba -6:30-7:30pm	26 TRX/Kettle Bell 5am Tune Up 8:30-9:30am Zumba 5:15-6:15pm Cut to the Core 6:20pm 6:50pm	27 Rise and Shine Boot camp 5:00- 6am Youth Fitness 12-2 Yoga for Health 5:30-6:25pm Zumba Circuit 6:30pm	28 Cut to the Core 8:45am- 9:15am	29
30 Yoga for Health 5:30-6:30pm Cut to the Core 6:40- 7:10pm Mindful Eating 7:30-9pm			Mindful Eating 6 week program. Give up the diet mentality and listen to your body. Call 340-5125 for more information.	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.	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!	Rise and Shine Boot Camp, TRX Basics and TRX/Kettle Bell are preregistration only.