

July 2020 YMCA Fitness Calendar

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
		1 <u>Spinning with Brett:</u> 5:30-6:30 AM <u>Y-Fit with Derek:</u> 5:15-6:00 PM	2 <u>Lower Body Blast with Derek:</u> 12:00-1:00 PM <u>Spinning:</u> 6:00-7:00PM <u>PIYO:</u> 6:00-7:00 PM	3 <u>Spinning:</u> 5:30-6:30 AM	4 <u>Zumba with Suzanne:</u> 9:15-10:00 AM
6 <u>Spinning with Kay:</u> 5:30-6:30 AM <u>Core de Force:</u> 6:00-6:45 PM	7 <u>Upper Body Blast with Derek:</u> 12:00-1:00 PM <u>Live Fit:</u> 6:00-7:00 PM <u>Zumba with Suzanne:</u> 6:00-7:00 PM	8 <u>Spinning with Brett:</u> 5:30-6:30 AM <u>Y-Fit with Derek:</u> 5:15-6:00 PM	9 <u>Lower Body Blast with Derek:</u> 12:00-1:00 PM <u>Spinning:</u> 6:00-7:00PM <u>PIYO:</u> 6:00-7:00 PM	10 <u>Spinning:</u> 5:30-6:30 AM	11 <u>Zumba with Suzanne:</u> 9:15-10:00 AM
13 <u>Spinning with Kay:</u> 5:30-6:30 AM <u>Core de Force:</u> 6:00-6:45 PM	14 <u>Upper Body Blast with Derek:</u> 12:00-1:00 PM <u>Live Fit:</u> 6:00-7:00 PM <u>Zumba with Suzanne:</u> 6:00-7:00 PM	15 <u>Spinning with Brett:</u> 5:30-6:30 AM <u>Y-Fit with Derek:</u> 5:15-6:00 PM	16 <u>Lower Body Blast with Derek:</u> 12:00-1:00 PM <u>Spinning:</u> 6:00-7:00PM <u>PIYO:</u> 6:00-7:00 PM	17 <u>Spinning:</u> 5:30-6:30 AM	18 <u>Zumba with Suzanne:</u> 9:15-10:00 AM
20 <u>Spinning with Kay:</u> 5:30-6:30 AM <u>Core de Force:</u> 6:00-6:45 PM	21 <u>Upper Body Blast with Derek:</u> 12:00-1:00 PM <u>Live Fit:</u> 6:00-7:00 PM <u>Zumba with Suzanne:</u> 6:00-7:00 PM	22 <u>Spinning with Brett:</u> 5:30-6:30 AM <u>Y-Fit with Derek:</u> 5:15-6:00 PM	23 <u>Lower Body Blast with Derek:</u> 12:00-1:00 PM <u>Spinning:</u> 6:00-7:00PM <u>PIYO:</u> 6:00-7:00 PM	24 <u>Spinning:</u> 5:30-6:30 AM	25 <u>Zumba with Suzanne:</u> 9:15-10:00 AM
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