

arbor fit club

June

All GroupX classes are FREE with your AFC membership or \$15 drop-in fee!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	29 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	30 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	31 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit Micheline	1 6:30a Bodypump Nina 12:00p Cycle Jill 6:30p Bootcamp Brent 7:30p Yoga Diane	2 6:00a Bootcamp Lark 9:00a Cycle Julie 5:30p Bodypump Nina	3 8:00a Bodypump Mara 10:10a Bodypump Cindy 11:30a Zumba Lark
4 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	5 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	6 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Laqueeta 7:40p Yoga Eliza	7 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYO Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	8 6:30a Bodypump Nina 12:00p Cycle Jill 6:30 Boot Camp Brent 7:30p Yoga Diane	9 6:00a Bootcamp Lark 9:00a Cycle julie 5:30p Bodypump Nina	10 8:00a Bodypump Cindy 10:10a Bodypump Mara 11:30a Zumba Lark
11 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	12 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	13 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p BodyPump Brandi 7:40p Yoga Eliza	14 6:00a Bootcamp Lark 5:30p Bodypump Beth 6:30p DanceFit Kelly	15 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Beth B. 7:30p Yoga Eliza	16 6:00a Bootcamp Lark 9:00a Cycle Michael A. 5:30p Bodypump Nina	17 8:00a Bodypump Cindy 11:30a Zumba Lark
18 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Eliza 4:00p Bodypump Mara	19 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline	20 6:30a BodyPump Cindy 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	21 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	22 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 7:30p Yoga Diane	23 6:00a Bootcamp Lark 9:00a Cycle Michael A. 5:30p Bodypump Nina	24 8:00a Bodypump Cindy 9:05 a Cycle Laqueeta 10:10a Bodypump Mara 11:30a Zumba Lark
25 10:00a Cycle Beth B. 11:30a DanceFit Victoria 1:00p Yoga Diane 4:00p Bodypump Mara	26 6:00a Bootcamp Brent 5:30p Bodypump Beth 6:30p DanceFit Micheline	27 6:30a BodyPump Cindy 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza	28 6:00a Bootcamp Lark 9:00a Bodypump Erica 10:10a PiYo Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly	29 6:30a Bodypump Nina 12:00p Cycle Jill 5:30p Bodypump Brandi 6:30p Cycle Beth B. 7:30p Yoga Diane	30 6:00a Bootcamp Lark 9:00a Cycle Michael A. 5:30p Bodypump Nina	1 2 Bodypump Mara 9:05 a Cycle Laqueeta 10:10a Bodypump Cindy 11:30a Zumba Lark

Annette