

arbor fit club

August

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|---|
| 30 10:00a Cycle Beth E. 11:30a DanceFit Victoria 1:00p Yoga Eliza 4:00p Bodypump Mars | 31 6:00a Bootcamp Brent 9:00a Cycling Jill 5:30p Bodypump Beth 6:30p DanceFit Micheline | 1 6:30a Bodypump Brent 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza | 2 9:00a Bodypump Erica 5:30p Bodypump Beth 6:30p DanceFit Kelly | 3 6:30a Bodypump Sub Needed 12:00p Cycle Jill 5:30p Bodypump Sub Needed 6:30p Cycle Beth E. 7:30p Yoga Eliza | 4 9:00a Cycle Michael A. | 5 9:05 a Cycle Laqueeta 10:10a Bodypump Laqueeta |
| 6 10:00a Cycle Beth B 11:30a DanceFit Victoria 1:00p Yoga Diane | 7 9:00a Cycling Jill 6:30p DanceFit Micheline | 8 6:30a Bodypump Brent 12:00p Cycle Jill 5:30p Cycle Laqueeta 6:35p Bodypump Brandi 7:40p Yoga Eliza | 9 9:00a Bodypump Erica 6:30p DanceFit Kelly | 10 6:30a Bodypump Nina 12:00p Cycle Jill 6:30p Cycle Beth E. 7:30p Yoga Eliza | 11 9:00a Cycle Michael A. 5:30p Bodypump Nina | 12 9:05 a Cycle Laqueeta 10:10a Bodypump Laqueeta |
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