



**Sports Center Members,
Please note the following class substitutes and cancellations for
July 2016.**

Date	Class	Time	Substitute
6/28, Tuesday	Hot Hula	6:00-7:00pm	Missy
6/29, Wednesday	Hot Hula	6:15-7:15pm	Cancelled
	Hatha Yoga	6:35-7:35pm	Sarah
7/1, Friday	Power Up	11:30am-12:15pm	Aira
	Vinyasa Level 1	12:15-1:00pm	cancelled
7/2, Saturday	Hatha Yoga	10:00-11:00am	Sarah
7/4, Monday	HOLIDAY	NO CLASSES	
7/5, Tuesday	Hot Hula	6:00-7:00pm	cancelled
7/6, Wednesday	Body Pump	6:15-7:00am	Aira
	Pilates (PiYo)	12:00-1:00pm	Lavonne
	Body Architect	5:45pm-6:45pm	Daniel
	Hot Hula	6:15-7:15pm	Cancelled
7/8, Friday	Body Pump	6:15-7:00am	Aira
	Power Up	11:30am-12:15pm	Daniel
	Vinyasa Level 1	12:15PM-1:00PM	Cancelled
7/11, Monday	Body Architect (Turbo Kick Live)	11:30am-12:15pm	Lavonne
	Vinyasa Level 1	12:15-1:00pm	Daniel
	Vinyasa Level 2	5:45pm-6:45pm	Daniel
7/13, Wednesday	Pilates (PiYo)	12:00-1:00pm	Lavonne
	Body Architect	5:45pm-6:45pm	Daniel
7/15, Friday	Power Up	11:30am-12:15pm	Daniel
	Vinyasa Level 1	12:15pm-1:00pm	Cancelled
7/29, Friday	Body Pump	6:15-7:00am	Cancelled
7/30, Saturday	Sweat & Sculpt	8:30-9:30am	TBD

U-Jam Saturday Rotation

- 7/2 – Mai
- 7/9 – Dana
- 7/16 – TBD
- 7/23 – Renee
- 7/30 – Jenn

Zumba Monday Rotation

- 6/27 – Zumba
- 7/11 – Zumba
- 7/18 – Bombay Jam
- 7/25 – Zumba