

SYS Adult Fitness Classes—July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1—Boot Camp 7:30 am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	2—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am BodyBlast 5pm Zumba 6:00pm*	3—Spin 9am* Cardio Blast 9am CrossFit 11:30am*
4—Yoga 11am†	5—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm*	6—Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	7—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Cardio Barre 5:30 Hip Hop Choreography 6:30 Hip Hop Cardio 7:30	8—Boot Camp 7:30 am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	9—CrossFit 6:15am* Spin 8am* BodyBlast 5pm Zumba 6:00pm*	10—Spin 9am* Cardio Blast 9am Yoga 10:30 CrossFit 11:30am*
11—Yoga 11am†	12—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm*	13—Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	14—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Cardio Barre 5:30 Hip Hop Choreography 6:30 Hip Hop Cardio 7:30	15—Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	16—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am BodyBlast 5pm Zumba 6:00pm*	17—Spin 9am* Cardio Blast 9am CrossFit 11:30am*
18—Yoga 11am†	19—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm*	20— Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	21—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Cardio Barre 5:30 Hip Hop Choreography 6:30 Hip Hop Cardio 7:30	22—Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	23—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am BodyBlast 5pm Zumba 6:00pm*	24—Spin 9am* Cardio Blast 9am Yoga 10:30 CrossFit 11:30am*
25—Yoga 11am†	26—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm*	27— Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	28—CrossFit 6:15am* Spin & Tone 8am* Water Aerobics 9:15am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 6:30pm* Cardio Barre 5:30 Hip Hop Choreography 6:30 Hip Hop Cardio 7:30	29—Boot Camp 7:30am* Spin 8am* Water Aerobics 9:15am* Pilates 9:30am Get Fit 5pm CrossFit 7:30pm*	30—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am BodyBlast 5pm Zumba 6:00pm*	31—Spin 9am* Cardio Blast 9am Yoga 10:30 CrossFit 11:30am*