

SYS Adult Fitness Classes—June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	2—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	3—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	4—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm	5—Spin 9am* Cardio Blast 9am CrossFit 11:30am*
6—Spin 9am* Yoga 11am [†]	7—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm* Spin 6:30pm*	8—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	9—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	10—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	11—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm	12—Spin 9am* Cardio Blast 9am CrossFit 11:30am*
13—Spin 9am* Yoga 11am [†]	14—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm* Spin 6:30pm*	15—Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	16—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	17—Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	18—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm	19—Spin 9am* Cardio Blast 9am CrossFit 11:30am*
20 & 27— Spin 9am* Yoga 11am [†]	21 & 28— CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Zumba 5pm* Spin 6:30pm*	22 & 29— Spin 8am* Boot Camp 7, 8, & 9am* Pilates 9:30am Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	23 & 30—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm Spin 6:30pm* Zumba 6:30pm* Yogalates 6:45pm Adult Hip Hop 7:45pm	24 -Spin 8am* Boot Camp 7 & 9am* Pilates 9:30am Yogalates 12:30pm Get Fit 5pm Spin 6:30pm* CrossFit 7:30pm*	25—CrossFit 6:15am* Spin & Tone 8am* Strength, Balance & Tone 9:30am Total Tone 5pm	26—Spin 9am* Cardio Blast 9am CrossFit 11:30am*
	June 28-30 Water Aerobics 9:15am					