




June 2017 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>Non-member drop-in rate is only \$5! And, your very first class is FREE!</p>	<p>www.progressfitnessspa.com 717-972-0322 2201 Paxton Church Road</p>		<p>1 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p>2 10:30 am Line Dancing (advanced) Liza</p>	<p>3 8:00 am Step- Vickie 9:15 am Barre Blend Steph 9:30 am Cycling – Mandy</p>	
<p>4 8:15 am Cycling – Liza 9:30 am Zumba® - Joy</p> <p><i>* Zumba Kids classes are 30 minutes</i></p>	<p>5 9:15 am Boot Camp Vickie 6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza</p>	<p>6 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® - Joy</p>	<p>7 5:30 am Cycling - Cara 9:15 am Tabata & Toning Liza</p>	<p>8 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba®- Paula</p>	<p>9 10:30 am Line Dancing (advanced) Liza</p>	<p>10 8:00 am Tabata & Toning Vickie 9:30 am Cycling- Jim</p>	
<p>11 8:15 am Cycling – Liza 9:30 am Zumba®- Joy</p>	<p>12 9:15 am Boot Camp Vickie 6:00 pm Zumba® Kids Canceled 6:30 pm Cycling - Liza</p>	<p>13 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>		<p>14 5:30 am Cycling- Hannah 9:15 am Tabata & Toning Liza</p>	<p>15 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p>16 10:30 am Line Dancing (advanced) Liza</p>	<p>17 8:00 am Step- Vickie 9:30 am Cycling- Michele</p>
<p>18 8:15 am Cycling – Liza 9:30 am Zumba® - Joy</p> <p style="text-align: center;">  </p>	<p>19 9:15 am Boot Camp Liza 6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza</p>	<p>20 9:15 am Zumba®- Joy 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>	<p>21 5:30 am Cycling - Cara 9:15 am Tabata & Toning Liza</p>	<p>22 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p>23 10:30 am Line Dancing (advanced) Liza</p>	<p>24 8:00 am Tabata & Toning Vickie 9:15 am Barre Blend Steph 9:30 am Cycling-Ilene</p>	
<p>25 8:15 am Cycling – Liza 9:30 am Zumba® - Joy</p>	<p>26 9:15 am Boot Camp Vickie 6:00 pm Zumba® Kids Joy 6:30 pm Cycling - Liza</p>	<p>27 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>	<p>28 5:30 am Cycling- Hannah 9:15 am Tabata & Toning Liza</p>	<p>29 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p>30 10:30 am Line Dancing (advanced) Liza</p>		