



# August 2017 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Non-member drop-in rate is only \$5! And, your very first class is FREE!</b></p>	<p><b>1</b> 9:15 am Zumba®- Paula</p> <p>5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>	<p><b>2</b> 5:30 am Cycling – Cara 9:15 am Tabata &amp; Toning Liza</p>	<p><b>3</b> <b>10:00</b> am Mat Pilates Elaine</p> <p>5:30 pm Cycling– Mandy 6:30 pm Zumba® -Kristen</p>	<p><b>4</b> 10:30 am Line Dancing (advanced) Liza</p>	<p><b>5</b> 8:00 am Step- Vickie 9:30 am Cycling- Cara</p>
<p><b>6</b> 8:15 am Cycling – Liza 9:30 am Zumba® - Joy</p> <p>Please note the time change!</p>	<p><b>7</b> 9:15 am Boot Camp Vickie</p> <p>6:30 pm Cycling- Liza</p>	<p><b>8</b> 9:15 am Zumba®- Paula</p> <p>5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>	<p><b>9</b> 5:30 am Cycling - Cara 9:15 am Tabata &amp; Toning Liza</p>	<p><b>10</b> <b>10:00</b> am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p><b>11</b> 10:30 am Line Dancing (advanced) Liza</p>	<p><b>12</b> 8:00 am Tabata &amp; Toning Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene</p>
<p><b>13</b> 8:15 am Cycling – Ilene 9:30 am Zumba®- Joy</p>	<p><b>14</b> 9:15 am Boot Camp Vickie</p> <p>6:30 pm Cycling- Ilene</p>	<p><b>15</b> 9:15 am Zumba®- Paula</p> <p>5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>	<p><b>16</b> 5:30 am Cycling - Cara 9:15 am Tabata &amp; Toning Vickie</p>	<p><b>17</b> <b>10:00</b> am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p><b>18</b> 10:30 am Line Dancing (advanced) Jackie</p>	<p><b>19</b> 8:00 am Step- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene</p>
<p><b>20</b> 8:15 am Cycling- Liza 9:30 am Zumba® - Joy</p>	<p><b>21</b> 9:15 am Boot Camp Vickie</p> <p>6:30 pm Cycling - Liza</p>	<p><b>22</b> 9:15 am Zumba®- Paula</p> <p>5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>	<p><b>23</b> 5:30 am Cycling – Cara 9:15 am Tabata &amp; Toning Liza</p>	<p><b>24</b> <b>10:00</b> am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p><b>25</b> 10:30 am Line Dancing (advanced) Liza</p>	<p><b>26</b> 9:00-11:00 am Zumba fundraiser</p> 
<p><b>27</b> 8:15 am Cycling – Liza 9:30 am Zumba® - Joy</p>  <p>Progress Fitness Family Picnic 12:30-5</p>	<p><b>28</b> 9:15 am Boot Camp Vickie</p> <p>6:30 pm Cycling - Liza</p>	<p><b>29</b> 9:15 am Zumba®- Paula</p> <p>5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen</p>	<p><b>30</b> 5:30 am Cycling - Jim 9:15 am Tabata &amp; Toning Liza</p>	<p><b>30</b> <b>10:00</b> am Mat Pilates Elaine</p> <p>5:30 pm Cycling – Mandy 6:30 pm Zumba® -Kristen</p>	<p><a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a> 717-972-0322 2201 Paxton Church Road</p>	