

Active 55 Summer Fitness Schedule

9AM Class - Progressive, 10AM Class - Gentle

Just \$80 for up to 32 Classes!

\$11/Drop in

Drop in classes available, however 24 full time registrants needed or Summer Fitness will be unable to run.

Tuesday	July	8	9:00am	Bands & Bells	Margaret
			10:00am	Bands & Bells	Margaret
Wednesday	July	9	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel
Tuesday	July	15	9:00am	Abs, Core, and More	Glen
			10:00am	Fab, Fit, and FUN	Glen
Wednesday	July	16	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel
Tuesday	July	22	9:00am	TBD	TBD
			10:00am	TBD	TBD
Wednesday	July	23	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel
Tuesday	July	29	9:00am	DDPY Fitness	Lisa
			10:00am	DDPY Rebuild	Marcel
Wednesday	July	30	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel
Tuesday	August	5	9:00am	Urban Poles; Fun & Fitness	Nancy
			10:00am	Music 'n' Motion	Nancy
Wednesday	August	6	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel
Tuesday	August	12	9:00am	Use it, Lose it, Tone it up!	Nancy
			10:00am	Urban Poles; Fun & Fitness	Nancy
Wednesday	August	13	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel
Tuesday	August	19	9:00am	TBD	TBD
			10:00am	TBD	TBD
Wednesday	August	20	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel
Tuesday	August	26	9:00am	TBD	TBD
			10:00am	TBD	TBD
Wednesday	August	27	9:00am	DDPY Fitness	Marcel
			10:00am	DDPY Rebuild	Marcel

All class titles subject to change. Updates will be emailed to registrants