

Special Events Calendar

Fun, Challenging & Educational!

June 2010

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Rotator Cuff Strengthening 10:00am Front Desk Group Walk 11:15-12:15pm Front Desk	2 Advanced Core 8:00am Front Desk	3 Group Walk 12:00-1:00pm Front Desk	4 Yin Yoga 9:05-10:05am Studio 2 Yoga Flow 10:10-11:10am Studio 2	5
	6 Zumba Party 10:10-11:10am Gymnasium	7 Power Plate for Dummies 5:00pm Front Desk Walk/Run 5:30pm Front Desk	8 Take It Off 8:45am Front Desk Stride & Strength 10:00-10:45am Pool Group Walk 11:15-12:15pm Front Desk	9 Intermediate Cardio 6:00pm Front Desk	10 Power Yoga 10:05-11:05am Studio 2 Group Walk 12:00-1:00pm Front Desk	11
13  9:05-10:05am Studio 2 Zumba Toning 10:10-11:00am Gymnasium	14 BOSU Blast 5:45-6:30am Studio 1 Walk/Run 5:30pm Front Desk Advanced Cardio 6:00pm Front Desk	15 Liquid Bootcamp 9:00-9:45am Pool Yin-Yang Yoga 10:05-11:15am Studio 2 Group Walk 11:15-12:15pm Front Desk	16 Advanced Core 8:00am Front Desk 	17 Zumba 9:05-10:00am Studio 1 Group Walk 12:00-1:00pm Front Desk	18	19
20 Zumba Toning 10:10-11:00am Gymnasium 	21 Morning Walk/Jog 7:00am Front Desk Walk Fit Club 5:00pm Front Desk Walk/Run 5:30pm Front Desk	22 Stride & Strength 10:00-10:45am Pool Group Walk 11:15-12:15pm Front Desk	23 Metabolic Training 8:00am Front Desk	24 Group Walk 12:00-1:00pm Front Desk Dumbbells for Dummies 6:30pm Front Desk	25	26 Name That Tune* 8:00-8:50am Spin Studio 
27	28 Morning Walk/Jog 7:00am Front Desk Walk Fit Club 5:00pm Front Desk Walk/Run 5:30pm Front Desk	29 Summer Spin* 9:15-10:15am Spin Studio Group Walk 11:15-12:15pm Front Desk	30 Metabolic Training 8:00am Front Desk			
				COURT HOUSE PLUS Fitness & Wellness Center SPECIAL EVENTS LEGEND:  Group Fitness Event  Fitness Floor Event *Sign-up required. See back for descriptions and sign - up dates.		