

**JULY 2018 Class Schedule**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> 		<p>3</p> <p>9-10am Yoga with Brina -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>4</p> <p><b>JULY 4<sup>TH</sup> HOLIDAY</b> <b>Gym Closed 2pm</b></p> 	<p>5</p> <p>9-10am Yoga with Evelyn -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>6</p> <p>6pm Ballroom Dancing with Juan Join the Team!</p>	<p>7</p> <p>8:30-9:30am Spinning with Missy</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>9-10am Yoga with Brina -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>11</p> <p>6:30-7:30pm Spinning with Angelia</p>	<p>12</p> <p>9-10am Yoga with Evelyn -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>13</p> <p>6pm Ballroom Dancing with Juan Join the Team!</p>	<p>14</p> <p>8:30-9:30am Spinning with Angelia</p>
<p>16</p> 		<p>17</p> <p>9-10am Yoga with Brina -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>18</p> <p>6:30-7:30pm Spinning with Angelia</p>	<p>19</p> <p>9-10am Yoga with Evelyn -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>20</p> <p>6pm Ballroom Dancing with Juan Join the Team!</p>	<p>21</p> <p>8:30-9:30am Spinning with Missy</p>
<p>22</p>	<p>23</p>	<p>24</p> <p>9-10am Yoga with Brina -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>25</p> <p>6:30-7:30pm Spinning with Angelia</p>	<p>26</p> <p>9-10am Yoga with Evelyn -</p> <p>11am-Noon Zumba with Suzanne</p>	<p>27</p> <p>6pm Ballroom Dancing with Juan Join the Team!</p>	<p>28</p> <p>8:30-9:30am Spinning with Missy</p>
	<p>30</p>	<p>31</p> <p>9-10am Yoga with Brina -</p> <p>11am-Noon Zumba with Suzanne</p>	<p><b>The Fitness Clinic</b> was founded in <b>1982</b> as a professional alternative to traditional health clubs and gyms. We cater to men and women of all ages and abilities interested in using exercise, education and a healthy meal plan to achieve optimum health and fitness. As the name implies, our programs are scientifically conceived, individually prescribed and educationally oriented. <b>Talk to us about your goals today.</b></p>			