

June Group Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Boot Camp starting June 10. 6 weeks for \$110.00. No classes the week of July 1			What's NEW? HIIT Express FREE for 30 minutes every Wednesday in June			1 8:15am Park Workout \$5.00 High Woods STMA
2 Drumming @ Otsego 6:30pm	3 Rev+Flow 4:15pm ZUMBA 7:30pm	4  **FREE** Boot Camp Cardio Drumming 7:00pm	5 REFIT@ 5:45pm HIIT Express 6:45pm Barre Sculpt 7:15pm Zumba @ Otsego	6  **FREE** Boot Camp ZUMBA 7:30pm	7 REFIT@ 9:15am	8 \$10.00 - AB Latte 7:30am 2 for 1 Drumming & Zumba 8:30am - 9:45am
9	10 Rev+Flow 4:15pm ZUMBA 7:30pm	11  Boot Camp 6pm Cardio Drumming 7:00pm	12 REFIT@ 5:45pm HIIT Express 6:45pm Drumming @ Otsego	13  Boot Camp 6:30pm ZUMBA 7:30pm	14 REFIT@ 9:15am	15 Hard Bodies 8:00am Zumba 9:00am
16  **FREE** Couple's Drumming @ Otsego 6:30pm	17 Rev+Flow 4:15pm ZUMBA 7:30pm	18  Boot Camp 6pm Cardio Drumming 7:00pm	19 REFIT@ 5:45pm HIIT Express 6:45pm Barre Sculpt 7:15pm Boot Camp @ Otsego	20  Boot Camp 6:30pm ZUMBA 7:30pm	21 REFIT@ 9:15am	22 STUDIO CLOSED
6/23 Park Workout & Drumming @ Otsego 6:30pm 6/30 Drumming @ Otsego	24 Rev+Flow 4:15pm ZUMBA 7:30pm	25  Boot Camp 6pm Drumming & Bells 7:00pm	26 REFIT@ 5:45pm HIIT Express 6:45pm Drumming @ Otsego	27  Boot Camp 6:30pm ZUMBA 7:30pm	28 REFIT@ 9:15am	29 Cardio Drumming 8:00am ZUMBA - 9:00am
REGISTRATION IS DUE 24 HOURS IN ADVANCE - CLICK HERE TO REGISTER						
NEW MEMBERS: Please contact us with any questions. We encourage you to bring water and carry in clean workout shoes. We reserve the right to CANCEL all classes not meeting <u>at least 6 participants</u>. Contact us if you have any questions!						