

July Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
For all outside classes, we will move inside if there is inclement weather.	1	2	3 NO CLASSES	Happy 4th of July	5	6
7 NO CLASSES	8	9	10 ZUMBA 6:15pm Drumming & Bells 7:15pm	11 ← Bring 3, 5 or 8lb dumbbells if you would like. We will mix in a couple songs with weights!	12	13
14 Cardio Drumming @ Park 6:30pm Max. 22	15	16 Boot Camp 5:45 AM **SEE NOTES**	17 ZUMBA - 6:15pm Wear your funkiest leggings to class!	18 Boot Camp 5:45 AM **SEE NOTES**	19	20
21 Cardio Drumming @ Park 6:30pm Max. 22	22	23 Boot Camp 5:45 AM **SEE NOTES**	24 2 for 1 ZUMBA 6:15pm Yoga Stretch 7pm 30 minutes to unwind	25 Boot Camp 5:45 AM **SEE NOTES**	26	27
28 Cardio Drumming @ Park 6:30pm Max. 22	29	30 Boot Camp 5:45 AM **SEE NOTES**	31 2 for 1 ZUMBA 6:15pm Yoga Stretch 7pm 30 minutes to unwind	**Boot Camp Trial Launch** Cost is \$50.00 and includes an optional text message support group with nutritional guidance and motivation. Weather permitting we will be outside. Min. Required = 8 Register at 763.235.3148		

REGISTRATION IS DUE 24 HOURS IN ADVANCE & CANCELATIONS BY 2PM SAME DAY

We reserve the right to CANCEL all classes not meeting at least 6 participants. Classes not meeting the minimum will be canceled via an email notification at least 2 hours prior to the class. Always call or text with any questions!

Registration Reminders: Just a friendly reminder that some classes fill up immediately and a waiting list is created. If at any point you cannot make a class, please try to **cancel by NOON the day of**. You are always welcome to call or text us. If you do not cancel, and do not show, you are subject to be charged for the class.