



July

2018

ADDITIONAL CLASS CALENDAR

Weekends
Demos
TRX
Rowing

NOTES

Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space.

Please sign up at westernracquet.com or by call the front desk at 497-1161

Inдорow classes on Mondays at 10:00am will be held outdoors during the month of July. In the case of inclement weather, class will be moved indoors.

There will be no Sunday Shippet or Friday 5:30pm class during the summer months. Both will resume in the Fall.

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 INDOROW 10:00am with Dan (will be held outdoors)	3	4 CLUB CLOSED <i>happy Fourth of July!</i>	5	6	7 TRX101 7:45am with Becky V. (FREE) 8:00am - CYCLING with Billie 9:00am - STRENGTH with Becky V. 10:00am - YOGA with Cathy
8	9 INDOROW 10:00am with Stacy (will be held outdoors) CORECREW 5:30pm with Jessie	10	11	12 TRX+ROW 5:30pm with Becky W.	13	14 8:00am - P3+TOYS with Peggy INDOROW 9:00am with Peggy 9:00am - STRENGTH with Jackie N. 10:00am - YOGA with Michaela
15	16 INDOROW 10:00am with Dan (will be held outdoors)	17	18	19	20	21 8:00am - CYCLING with Becky W. INDOROW 9:00am with Becky W. 9:00am - STRENGTH with Sheila 10:00am - YOGA with Amy X.
22	23 TRX101 9:00am with Becky W. (FREE) INDOROW 10:00am with Stacy (will be held outdoors) CORECREW 5:30pm with Jessie	24	25 TRX Session Sign-up	26 TRX+ROW 5:30pm with Becky W.	27	28 8:00am - CARDIO CIRCUITS with Amy M. 9:00am - STRENGTH with Becky V. 10:00am - YOGA with Nichelle.
29	30 INDOROW 10:00am with Becky W. (will be held outdoors)	31				