



JULY

CALENDAR OF EVENTS



4TH OF JULY - CLASS SCHEDULE

9:30a Zumba with Lori
10:00a Barre Strength with Cory
10:30a Ab Attack with Cory

9:30a Beach Party Cycle with Diana
10:30a Firecracker Cycle with Mark

Club Hours: 8AM-4PM
Kids Room will be closed

AMP Classes at 9:15a and 10:15a



July Shake of the Month: "Fireworks"

This yummy, summery shake is the perfect sweet treat right after a workout! It contains strawberries, blueberries, banana, lemon and 20oz of vanilla protein all blended together in a strawberry puree.

Nutrition Info for 20oz Shake: 330 calories | 21 g protein | 49 g natural sugars



INTRO TO CYCLING

Saturday, 7/14 @ 11:00AM

Join Brock for beginner's cycling to learn all you need to know about indoor cycling! Participants will learn how to set up the bike, how to read the display, and hear about the technology that can be incorporated into your ride.



SUNRISE WARRIOR BOOTCAMP
\$99 Per Person, Begins Monday 7/9

Sign up by July 4th & receive \$10 OFF!

Get closer to your Fitness Goals by taking part in Sunrise Warrior! Led by Chandler, this express bootcamp will give you the structure, accountability and drive you need to reach your fitness goals.

Sunrise Warrior will place every **Mon/Wed** from **6-6:30AM** between **July 9th-August 1st. Program cost is \$99 a person which includes 8 training sessions with Chandler.**



FEATURED CLASSES

Dance Fitness | Sundays at 2PM | Led by Lori & Christina

The Dance Fitness class incorporates many styles of dance ensuring you will learn new moves and challenge yourself during each class. This 50-minute workout is great cardio while also helping participants tone and strengthen muscles.

Pilates | Wednesdays at 5PM | Led by Amy R.

Pilates focuses on strengthening core muscles while opening up joints and relieving tension. Create and condition strong, elongated muscles to improve posture, body awareness and flexibility.