



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# READY SET SWEAT

## July Weekend Warrior Fitness

### FRIDAYS–Gym 2

<u>DATE</u>	<u>CARDIO   8:30AM</u>	<u>TONING/STRENGTH   9:05 AM</u>
July 6	Carrie POUND® (45 MIN)	
July 13	Gina Cardio Kickboxing	Danielle PiYo®
July 20	Setareh ZUMBA®	Danielle Kettlebell AMPD®
July 27	Gina Cardio Kickboxing	Gina Body Sculpt

### SATURDAYS– Studio Y & Outdoor Opportunities!

<u>DATE</u>	<u>CARDIO   8:00AM</u>	<u>TONING/STRENGTH   9:00 AM</u>
July 7	Setareh ZUMBA®	Tami/Jaime Sidekick Cardio Kick
July 14	Outdoor Fitness on the Green @ CNC Links! *see flyer for details	
July 21	Jenny RUMBLE®	Carrie POUND®
July 28	Outdoor Fitness @ Union Park, Mtwc featuring Sidekick Cardio Kickboxing and ZUMBA®	

### SATURDAY CYCLING –Cycling Studio– 6:15am

July 7	Mary
July 14	Mary
July 21	tbd
July 28	Stephanie– Group Ride®

### SUNDAY STRENGTH– WILL RETURN IN SEPTEMBER

DOUBT  
 KILLS MORE  
 DREAMS  
 THAN  
 FAILURE EVER  
 COULD

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