

The**FLEX**[®]

Fitness For Every Body

7.01.19 – 7.26.19

All 4 weeks are below. Please scroll for each week.
 *Please note the Studio is **CLOSED Thursday, July 4th**.
 *The schedule is subject to change.

M T		W	T	F	Sa	Su
7.1 thru 7.7						
5:30-6:30 SHRED (STUDIO A) DIANNE	5:30-6:30 CARDIO *** MINDY	5:30-6:30 SPLIT (STUDIO A) MARGUERITE		5:30-6:30 BOOTCAMP (IRON GYM) MINDY		
8:30-9:30 SHRED (STUDIO A) MINDY		8:30-9:30 SHRED (STUDIO A) REBEKAH		8:30-10:00 SHRED & STRETCH (STUDIO A) EMILY	8:30-9:30 SHRED (STUDIO A) AMANDA	C
9:30-10:30 SHRED (STUDIO A) REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) LESLIE	9:30-10:30 FLEX FORCE*** EMILY		9:30-10:30 BOOT CAMP (IRON GYM) REBEKAH		L
						O
						S
						E
4:30-5:15 SHRED (STUDIO A) EMILY		4:30-5:15 SHRED X (IRON GYM) MICHELLE				D

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M T		W	T	F	Sa	Su
7.8 thru 7.14						
5:30-6:30 SHRED (STUDIO A) AMANDA	5:30-6:30 CARDIO *** MARGUERITE	5:30-6:30 SPLIT (STUDIO A) AMANDA	5:30-6:30 SHREDX MARGUERITE	5:30-6:30 BOOTCAMP (IRON GYM) REBEKAH		
8:30-9:30 SHRED (STUDIO A) MINDY		8:30-9:30 SHRED (STUDIO A) REBEKAH		8:30-10:00 SHRED & STRETCH (STUDIO A) EMILY	8:30-9:30 SHRED (STUDIO A) DIANNE	C
9:30-10:30 SHRED (STUDIO A) MINDY	9:30-10:30 BOOT CAMP (IRON GYM) LESLIE	9:30-10:30 FLEX FORCE*** REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 BOOT CAMP (IRON GYM) MINDY		L
						O
						S
						E
4:30-5:15 SHRED (STUDIO A) LESLIE		4:30-5:15 CARDIO/SCULPT (IRON GYM) REBEKAH				D

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M T		W	T	F	Sa	Su
7.15 thru 7.21						
5:30-6:30 SHRED (STUDIO A) MARGUERITE	5:30-6:30 CARDIO *** MINDY	5:30-6:30 SPLIT (STUDIO A) AMANDA	5:30-6:30 SHREDX AMANDA	5:30-6:30 BOOTCAMP (IRON GYM) MINDY		
8:30-9:30 SHRED (STUDIO A) MINDY		8:30-9:30 SHRED (STUDIO A) EMILY		8:30-10:00 SHRED & STRETCH (STUDIO A) MICHELLE	8:30-9:30 SHRED (STUDIO A) DIANNE	C
9:30-10:30 SHRED (STUDIO A) EMILY	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 FLEX FORCE*** MINDY	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 BOOT CAMP (IRON GYM) EMILY		L
						O
						S
						E
4:30-5:15 SHRED (STUDIO A) EMILY		4:30-5:15 FLEX FORCE (IRON GYM) MICHELLE				D

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M T		W	T	F	Sa	Su
7.22 thru 7.26						
5:30-6:30 SHRED (STUDIO A) DIANNE	5:30-6:30 CARDIO *** REBEKAH	5:30-6:30 SPLIT (STUDIO A) AMANDA	5:30-6:30 SHREDX MINDY	5:30-6:30 FITNESS CHALLENGE (IRON GYM) REBEKAH		
8:30-9:30 SHRED (STUDIO A) EMILY		8:30-9:30 SHRED (STUDIO A) MINDY		8:30-10:00 MASTER CLASS (STUDIO A) EMILY & REBEKAH		
9:30-10:30 SHRED (STUDIO A) REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 FLEX FORCE*** EMILY	9:30-10:30 BOOT CAMP (IRON GYM) LESLIE			
				THANK YOU FOR YOUR SUPPORT OVER THE PAST 12 YEARS!!!!		
4:30-5:15 SHRED (STUDIO A) LESLIE		4:30-5:15 FLEX FORCE (IRON GYM) MICHELE				