

GOODLIFE FITNESS STUDIO **JUNE 2018** **GROUP EXERCISE**  = **CARDIO CLASS/GYM SHOES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			 8:30 am ZUMBA Lena (ALL)	 8:30 am ZUMBA Lena (ALL)		
 9:30am Step & Tone Peggy (2)	 NEW!! 10:15 am Total Body Strength Mady (ALL)	NEW!! 9:30am Core Fusion Peggy (ALL)	 NEW!! 10:15 am Total Body Strength Peggy (ALL)	 9:45 am Movin' & Groovin' Peggy (ALL)	 9:45 am Step & Tone Peggy /Janice (2)	 9:30 am Zumba Edwin (2-3)
NEW!! 11am Barre Shape Denise (ALL)	11:30 am Mat Pilates Pam (ALL)	 10:45 am Movin & Groovin Peggy (ALL)	11:30 am Mat Pilates Pam (ALL)	11am Barre Shape Denise (ALL)	11 am Yoga Deb (ALL)	
4 pm Tai Chi Janet (ALL)	 4pm Total Body Strength Peggy (ALL)	4 pm Tai Chi Janet (ALL)	 4pm Total Body Strength Peggy ALL)		Friends in Motion 2 nd & 4 th Saturday Reservations required	
NEW!! 5:30 pm Gentle Yoga Peggy (ALL)	5:30 pm Core Fusion Peggy (ALL)	5:30 pm Gentle Yoga Leah (ALL)	NEW!! 5:30 pm Roll, Stretch, Relax Peggy (ALL)	 NEW!! 5pm ZUMBA Circuit Training w/ Jose		Level 1 = Beginner Level 2 = Intermediate
			NEW!! 6:35pm ZUMBA STRONG  w/Melissa			Level 3 = Advanced ALL= (All Levels)

Schedule subject to change: Visit our website for class updates www.goodlifefitnessvero.com