

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDA	SUNY
			❤️ 8:30 am ZUMBA Lena (ALL)	❤️ 8:30 am ZUMBA Lena (ALL)		
❤️ 9:30 am Step & Tone Peggy (2) Reservations required	❤️ 10:15 am Total Body Strength Mady (ALL)	<b>NEW!!</b> 9:30 am Core Fusion Peggy (ALL)	❤️ 10:15 am Total Body Strength Peggy (ALL)		❤️ 9:45 am Step & Tone Peggy/Janice (2) Reservations required	❤️ 9:30 am Zumba Edwin (2-3)
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 Gentle Yoga Deb (ALL)	
4 pm Tai Chi Janet (ALL)	❤️ 4 pm Total Body Strength Peggy (ALL)	4 pm Tai Chi Janet (ALL)	❤️ 4 pm Total Body Strength Peggy (ALL)		Friends in Motion 2 <sup>nd</sup> & 4 <sup>th</sup> Saturday Reservations required	Level 1 = Beginner <hr/> Level 2 = Intermediate
5:30 pm Gentle Yoga Peggy (ALL)	5:30 pm Core Fusion Peggy (ALL)	5:30 pm Gentle Yoga Peggy (ALL)	5:30 pm Roll, Stretch Relax Peggy (ALL)	❤️ 5:30 pm Circuit Training w/ Jose		Level 3 = Advanced
			❤️ 6:35pm ZUMBA STRONG w/Melissa			ALL= (All Levels)

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