

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Swift Creek Group X Schedule July 2010



Don't forget your hand stamp for Pump and Zumba! You will not be permitted to attend with out it, see front desk!

☺=family friendly



Our Les Mills Launch is on the 24th and the theme is 70s and 80s...so break out your leg warmers, headbands and maybe even those leotards! Let's Boogie!!

				<p>1 9:30 BodyCombat-Wendi 10:30 MuscleCond-Beth</p> <p>☺4:30 BootCamp-Joy 5:30 BodyStep-Maria 6:30 ButtsNGuts-Maria 7:00 BootCamp-Josh</p> <p>7:30 Zumba-Ruth</p>	<p>2 8:15 Seniorcize-Laurie</p> <p>9:30 BodyStep- Dana</p> <p>10:30 Abs15-Maria ☺10:45 ButtsNGuts-Maria</p> <p>11:30 BodyPump-Kimi</p>	<p>3 7:15 BodyCombat- Sarah</p> <p>8:15 AdvancedStep-Annie</p> <p>9:15 BodyPump-Geraldine ☺10:30 BodyJam-Maria</p> <p>11:30 Zumba-Diane</p>
<p>4 Happy 4th!!!</p> <p>☺9:15 BodyCombat Jackie</p> <p>1:00 BodyPump-Geraldine</p>	<p>5 8:15 Seniorcize-Kimi</p> <p>9:30 BodyPump-Kimi 10:35 BodyStep/Combat Fusion-Maria, Kristin</p> <p>4:30 BodyStep-Annie ☺5:30 Zumba-Ruth 6:30 BodyPump-Wendi ☺7:45 Studio 54-Staci</p>	<p>6 9:30 BasicStep-Maria ☺10:30 Zumba-Ruth 11:30 BodyPump-Dana</p> <p>☺4:30 30/20/10-Joy 5:30 BodyCombat-Sarah 6:30 Zumba-Ruth 7:30 BodyPumpXP-Maria</p>	<p>7 6:00 BodyPumpXP-Kimi</p> <p>8:15 Seniorcize-Laurie 9:15 Abs15-Laurie 9:30 Ball&Bar-Laurie 10:30 BodyStep-Dana 4:30 SCT-Annie 5:30 BodyPump-Bekah ☺6:45 Abs15-Staci 7:00 BasicStep-Staci 7:45 Olympic Box</p>	<p>8 9:30 BodyCombat-Wendi 10:30 MuscleCond-Laurie</p> <p>☺4:30 BootCamp-Joy</p> <p>5:30 BodyStep-Maria</p> <p>6:30 ButtsNGuts-Maria 7:00 BootCamp-CXL 8:30 Zumba-Diane</p>	<p>9 8:15 Seniorcize-Maria</p> <p>9:30 BodyStep- Maria</p> <p>10:30 Abs15-Steph ☺10:45 ButtsNGuts-Steph</p> <p>11:30 BodyPump-Kimi</p>	<p>10 7:15 BodyCombat- Angie</p> <p>8:15 AdvancedStep-Maria</p> <p>9:15 BodyPump-Bekah</p> <p>☺10:30 BodyJam-Annie</p> <p>11:30 Zumba-Ruth</p>
<p>11 ☺9:15 BodyCombat Sarah</p> <p>1:00 BodyPump-Dana</p>	<p>12 8:15 Seniorcize-Kimi</p> <p>9:30 BodyPump-Maria 10:35 BodyStep/Combat Fusion- Maria Kristin</p> <p>4:30 BodyStep-Abigail ☺5:30 Zumba-Ruth 6:30 BodyPump-Gerald ☺7:45 BodyJam-Annie</p>	<p>13 9:30 BasicStep-Annie ☺10:30 Zumba-Sophie 11:30 BodyPump-Dana ☺4:30 30/20/10-Steph 5:30 BodyCombat-Angie 6:30 Zumba-Diane 7:30 BodyPumpXP-Maria</p>	<p>14 6:00 BodyPumpXP-Diane</p> <p>8:15 Seniorcize-Kimi 9:15 Abs15-Kimi 9:30 Ball&Bar-Annie 10:30 BodyStep-Annie 4:30 SCT-Laurie 5:30 BodyPump-Bekah ☺6:45 Abs15-Maria 7:00 BasicStep-Maria 7:45 Olympic Box</p>	<p>15 9:30 BodyCombat-Angie 10:30 MuscleCond-Beth</p> <p>☺4:30 BootCamp-Joy 5:30 BodyStep-Heidi</p> <p>6:30 ButtsNGuts-Heidi 7:00 BootCamp-Josh 7:30 Zumba-Diane</p>	<p>16 8:15 Seniorcize-Laurie</p> <p>9:30 BodyStep- Dana</p> <p>10:30 Abs15-Maria ☺10:45 ButtsNGuts-Maria</p> <p>11:30 BodyPump-Kimi</p>	<p>17 7:15 BodyCombat- Kristin</p> <p>8:15 AdvancedStep-Steph</p> <p>9:15 BodyPump-Maria</p> <p>☺10:30 BodyJam-Annie</p> <p>11:30 Zumba-Diane</p>
<p>18 ☺9:15 BodyCombat Wendi</p> <p>1:00 BodyPump-Jackie</p>	<p>19 8:15 Seniorcize-Kimi</p> <p>9:30 BodyPump-Kimi 10:35 BodyStep/Combat Fusion-MariaKristin</p> <p>4:30 BodyStep-Debbie ☺5:30 Zumba-Ruth 6:30 BodyPump-Wendi ☺7:45 BodyCombat-Jackie</p>	<p>20 9:30 BasicStep-Annie 10:30 BodyJam-Annie 11:30 BodyPump-Maria ☺4:30 30/20/10-Joy 5:30 BodyCombat-Sarah 6:30 Zumba-Ruth 7:30 BodyPumpXP-Maria</p>	<p>21 6:00 BodyPumpXP-Kimi</p> <p>8:15 Seniorcize-Laurie 9:15 Abs15-Laurie 9:30 Ball&Bar-Laurie 10:30 BodyStep-Annie 4:30 SCT-Maria 5:30 BodyPump-Bekah ☺6:45 Abs15-Maria 7:00 BasicStep-Maria 7:45 Olympic Box</p>	<p>22 9:30 BodyCombat-Angie 10:30 MuscleCond-Laurie</p> <p>☺4:30 BootCamp-Joy 5:30 BodyStep-Maria</p> <p>6:30 ButtsNGuts-Maria 7:00 BootCamp-Josh 7:30 Zumba-Diane</p>	<p>23 8:15 Seniorcize-Maria</p> <p>9:30 BodyStep-Maria</p> <p>10:30 Abs15-Jackie ☺10:45 ButtsNGuts-Jackie</p> <p>11:30 BodyPump-Kimi</p>	<p>24 Launch Time!! Wear your best 70s and 80s clothing!!!</p> <p>8:00 BodyCombat-Wendi Ang 8:35 BodyStep-Maria 9:10 BodyJam-Jackie, Anne 9:50 BodyFlow-Ruth Ang 10:30 BodyPump-Bekah, Kimi</p> <p>11:30 Zumba-Diane</p>
<p>25 ☺9:15 BodyCombat Jackie Kristin</p> <p>1:00 BodyPump-Bekah</p>	<p>26 8:15 Seniorcize-Kimi 9:30 BodyPump-Maria, Kimi 10:35 BodyStep/Combat Fusion-MariaKris Launch!</p> <p>4:30 BodyStep-Deb, Heidi 5:05 Combat-Wendi, Heidi 5:40 Jam-Annie, Staci 6:15 Flow-Ruth 6:50 Pump-Jackie, Maria</p>	<p>27 9:30 BasicStep-Annie ☺10:30 Zumba-Ruth 11:30 BodyPump-Dana</p> <p>☺4:30 30/20/10-Steph 5:30 BodyCombat-Angie 6:30 Zumba-Diane 7:30 BodyPumpXP-Wendi</p>	<p>28 6:00 BodyPumpXP-Diane</p> <p>8:15 Seniorcize-Kimi 9:15 Abs15-Kimi 9:30 Ball&Bar-Sarah 10:30 BodyStep-Maria</p> <p>4:30 SCT-Staci 5:30 BodyPump-Bekah ☺6:45 Abs15-Annie 7:00 BasicStep-Annie 7:45 Olympic Box</p>	<p>29 9:30 BodyCombat-Angie 10:30 MuscleCond-Beth</p> <p>☺4:30 BootCamp-Joy 5:30 BodyStep-Maria Abigail</p> <p>6:30 ButtsNGuts-Maria 7:00 BootCamp-Josh 7:30 Zumba-Diane</p>	<p>30 8:15 Seniorcize-Laurie</p> <p>9:30 BodyStep-Dana Abigail</p> <p>10:30 Abs15-Maria ☺10:45 ButtsNGuts-Maria</p> <p>11:30 BodyPump-Kimi</p>	<p>31 7:15 BodyCombat-Wendi</p> <p>8:15 AdvancedStep-Steph</p> <p>9:15 BodyPump-Maria</p> <p>☺10:30 BodyJam-Staci, Annie</p> <p>11:30 Zumba-Sophia</p>