

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Swift Creek Group X Schedule August 2010



☺=family friendly

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

Save the date..October 9th is the 5 and 10k race for the Children's Hospital!!!



1 ☺9:15 BodyCombat Wendi 1:00 BodyPump-Bekah	2 8:15 Seniorcize-Kimi 9:30BodyPump-Kimi 10:35 BodyStep/ ButtsNGuts Fusion- Maria, Dana 4:30 BodyStep-Maria ☺5:30 Zumba-Staci 6:30 BodyPump-Wendi ☺7:45 Bellydance-Diane	3 9:30 BasicStep-Annie ☺10:30 BodyJam- Annie, John 11:30BodyPumpDana ☺4:30 30/20/10-Joy 5:30 BodyCombat-Heidi 6:30 Zumba-Diane 7:30 BodyPumpXP- Maria	4 6:00 BodyPumpXP-Diane 8:15 Seniorcize-Kimi 9:15 Abs15-Kimi 9:30 Ball&Bar-Beth 10:30 BodyStep-Dana 4:30 SCT-Annie 5:30 BodyPump-Bekah ☺6:45 Abs15-Staci 7:00 BasicStep-Staci 7:45 Olympic Box	5 9:30 BodyCombat-Angie 10:30 MuscleCond-Heidi ☺4:30 BootCamp-Joy 5:30 BodyStep-Abigail Maria 6:30 ButtsNGuts-Maria 7:00 BootCamp-Josh 7:30 Zumba-Diane	6 8:15 Seniorcize-Maria 9:30 BodyStep- Maria 10:30 Abs15-Joy ☺10:45 BootcampXP- Joy 11:30 BodyPump-Kimi	7 7:15BodyCombat- Wendi 8:15 AdvancedStep-Maria 9:15 BodyPump-Maria ☺10:30 BodyJam- Annie 11:30 Zumba-Diane	
8 ☺9:15 BodyCombat Wendi 1:00 BodyPump-Bekah	9 8:15 Seniorcize-Maria 9:30BodyPumpKimi 10:35 BodyStep/Combat Fusion-Abigail, Kristin 4:30BodyStepHeidi ☺5:30 Zumba-Ruth 6:30 BodyPump-Maria ☺7:45 BodyJam-Annie	10 9:30 BasicStep-Maria ☺10:30 Zumba-Soph 11:30BodyPumpDana ☺4:30 30/20/10-Maria 5:30BodyCombatAngie 6:30 Zumba-Ruth,Diane 7:30 BodyPumpXP- Wendi	11 6:00 BodyPumpXP-Diane 8:15 Seniorcize-Maria 9:15 Abs15-Maria 9:30 Ball&Bar-Joy 10:30 BodyStep-Abigail 4:30 SCT-Maria 5:30 BodyPump-Bekah ☺6:45 Abs15-Staci 7:00 BasicStep-Staci 7:45 Olympic Box	12 9:30 BodyCombat-Jinhee Angie 10:30 MuscleCond-Beth ☺4:30 BootCamp-Joy 5:30 BodyStep-Maria 6:30 ButtsNGuts-Maria 7:00 BootCamp-Josh 7:30 Zumba-Diane	13 8:15 Seniorcize-Maria 9:30 BodyStep- Maria 10:30 Abs15-Heidi ☺10:45 BootcampXP- Heidi 11:30 BodyPump-Kimi	14 7:15BodyCombat- Kristin 8:15 AdvancedStep-Annie 9:15 BodyPump- Geraldine ☺10:30 BodyJam- Angie 11:30 Zumba-Sophie	
15 ☺9:15 BodyCombat Kristin 12:30 BodyPump Techniques-Gerald 1:00 BodyPump- Geraldine	16 8:15 Seniorcize-Kimi 9:30 BodyPump-Kimi 10:35 BodyJam/Step Fusion- Maria Kristin 4:30 BodyStep-Annie ☺5:30 Zumba-Staci 6:30 BodyPump-Wendi ☺7:45 BodyCombat- Sarah	17 9:30 BasicStep-Maria ☺10:30 BodyJam- Annie 11:30BodyPumpDana ☺4:30 30/20/10-Joy 5:30 BodyCombat-Heidi 6:30 Zumba-Diane 7:30 BodyPumpXP- Maria	18 6:00 BodyPumpXP-Diane 8:15 Seniorcize-Kimi 9:15 Abs15-Kimi 9:30 Ball&Bar-Beth 10:30 BodyStep-Kristin 4:30 SCT-Maria 5:30 BodyPump-Bekah ☺6:45 Abs15-Steph 7:00 BasicStep-Steph 7:45 Olympic Box	19 9:30 BodyCombat-Wendi 10:30 MuscleCond-Heidi ☺4:30 BootCamp-Joy 5:30 BodyStep-Debbie 6:30 ButtsNGuts-Debbie 7:00 BootCamp-Josh 7:30 Zumba-Diane	20 8:15 Seniorcize-Laurie 9:30 BodyStep- Dana 10:30 Abs15-Heidi ☺10:45 BootcampXP- Heidi 11:30 BodyPump-Kimi	21 7:15BodyCombat- Sarah 8:15 SCT-Laurie 9:15 BodyPump-Wendi ☺10:30 BodyJam- Staci 11:30 Zumba-Ruth	
22 ☺9:15 BodyCombat Sarah 1:00 BodyPump- Jackie	23 8:15 Seniorcize-Kimi 9:30 BodyPump-Kimi 10:35 BodyStep/Combat Fusion-HeidiKristin 4:30 BodyStep-Abigail ☺5:30 Zumba-Ruth 6:30 BodyPump-Jackie ☺7:45 BodyJam- Jackie	24 9:30 BasicStep-Maria 10:30 Zumba-Ruth 11:30BodyPumpDana ☺4:30 30/20/10-Maria 5:30 BodyCombat-Sarah 6:30 Zumba-Diane 7:30 BodyPumpXP- Wendi	25 6:00 BodyPumpXP-Kimi 8:15 Seniorcize-Kimi 9:15 Abs15-Kimi 9:30 Ball&Bar-Joy 10:30 BodyStep-Annie 4:30 SCT-Steph 5:30 BodyPump-Laura ☺6:45 Abs15-Staci 7:00 BasicStep-Staci 7:45 Olympic Box	26 9:30 BodyCombat-Angie 10:30 MuscleCond-Laurie ☺4:30 BootCamp-Joy 5:30 BodyStep- Abigail 6:30 ButtsNGuts-Debbie 7:00 BootCamp-Josh 7:30 Zumba-Denise	27 8:15 Seniorcize-Laurie 9:30 BodyStep-Dana 10:30 Abs15-Jackie ☺10:45 BootcampXP Jackie 11:30 BodyPump-Kimi	28 7:15BodyCombat- Kristin 8:15 AdvancedStep-Annie 9:15 BodyPump-Bekah ☺10:30 BodyJam- Angie 11:30 Zumba-Denise	
29 ☺9:15 BodyCombat Jackie 1:00 BodyPump- Dana	30 8:15 Seniorcize-Kimi 9:30 BodyPump- Kimi 10:35 BodyStep/Combat Fusion-Kristin 4:30 BodyStep-Annie ☺5:30 Zumba-Ruth 6:30 BodyPump-Wendi ☺7:45 BodyJam-Annie	31 9:30 BasicStep-Annie ☺10:30 BodyJam-Maria 11:30BodyPumpDana ☺4:30 30/20/10-Joy 5:30 BodyCombat-Heidi 6:30 Zumba-Diane 7:30 BodyPumpXP- Maria	<p>Need help deciding which classes are right for you? Let our staff help YOU find a great workout to meet your fitness goals and needs!</p>			<p>04.30.2010 18:58</p>	