

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Jana will be teaching	2 5:30 Zumba	3 5:30 90 Min Zumba	4	5 5:30 Zumba	6 5:30 Zumba	7
8 Morning Classes Back!!!!	9 8:15 ABS 9:00 Zumba 5:30 Boot Camp 6:30 Zumba	10 5:30 90 Min Zumba	11 8:15 Arms 9:00 Zumba	12 5-6:10 Initial TBL weigh in 6:15 Immunity Challenge	13 8:15 Body Sculpting 9:00 Zumba 5:30 Body Sculpt	14 9:00 Zumba at Youngstown Baptist Church
15	16 8:15 ABS 9:00 Zumba 5:30 Boot Camp 6:30 Zumba	17 5:30 90 Min Zumba	18 8:15 Arms 9:00 Zumba	19 5:30 Immunity Challenge 6:30 TBL Elimination Round	20 8:15 Body Sculpting 9:00 Zumba 5:30 Body Sculpt	21 9:00 Boot Camp At Youngstown Baptist Church
22	23 8:15 ABS 9:00 Zumba 5:30 Boot Camp 6:30 Zumba	24 5:30 90 Min Zumba	25 8:15 Arms 9:00 Zumba	26 5:30 Immunity Challenge 6:30 TBL Elimination Round	27 8:15 Body Sculpting 9:00 Zumba 5:30 Body Sculpt	28 9:00 meet at Meeks to walk/Run
29 If a friend you bring joins, you get 50% off in September.	30 8:15 ABS 9:00 Zumba 5:30 Boot Camp 6:30 Zumba	31 5:30 90 Min Zumba	Instructor: Susan Stalcup (706) 897-9222			