JULY Fitness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Independence day 5k 0630 *Turbo kick 0900 Spin 1530 Awesome Abs 1700	2 Spin 0600 *Pilates 0930 Circuit Training 1530	3 *Turbo kick 0900 Awesome Abs 1700	4 HOLIDAY
7 ACC FAMILY DAY NO CLASSES	8 *Turbo kick 0900 Spin 1530 Awesome Abs 1700	9 Spin 0600 *Pilates 0930 Circuit Training 1530	10 *Turbo kick 0900 Bomber Boxing 1530 Awesome Abs 1700	11 Spin 1530
14 Spin 0600 *Pilates 0930 Circuit Training 1530	15 *Turbo kick 0900 Spin 1530 Awesome Abs 1700	16 Spin 0600 *Pilates 0930 Circuit Training 1530	17 *Turbo kick 0900 Bomber Boxing 1530 Awesome Abs 1700	18 Raider Challenge 10K 0900 Spin 1530
21 Spin 0600 *Pilates 0930 Circuit Training 1530	22 *Turbo kick 0900 Spin 1530 Awesome Abs 1700	23 Spin 0600 *Pilates 0930 Circuit Training 1530	24 *Turbo kick 0900 Bomber Boxing 1530 Awesome Abs 1700	25 Spin 1530
28 Spin 0600 *Pilates 0930 Circuit Training 1530	29 *Turbo kick 0900 Spin 1530 Awesome Abs 1700	30 Spin 0600 *Pilates 0930 Circuit Training 1530	31 *Turbo kick 0900 Iron Flight 1530	BELLAMY FITNESS CENTER 385-2266 *$3 per class or $18 a month