











































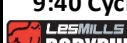

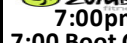












Hazleton YWCA Group Exercise Schedule July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p><i>Boot Camp class Wednesday & Thursday will be held in the downstairs fitness room</i></p>	<p>2</p> <p>9:40 Cycle  10:15am  5:00pm 6:00 Meta/Core 8:00 Boot Camp</p>	<p>3</p> <p>9:40 Cycle  10:15am  5:30pm  6:30pm</p>	<p>4</p> <p>CLOSED </p>	<p>5</p> <p>9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>6</p> <p> 9:00am  10:15am 7:00 Boot Camp</p>	<p>7</p> <p>8:30 Cycle 9:20 Total Body Conditioning  10:15am</p>	
<p>8</p> <p></p>	<p>9</p> <p>9:40 Cycle  10:15am  5:00pm 6:00 STRONG By Zumba 8:00 Boot Camp</p>	<p>10</p> <p>9:40 Cycle  10:15am  5:30pm  6:30pm</p>	<p>11</p> <p>9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>12</p> <p>9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>13</p> <p> 9:00am  10:15am 7:00 Boot Camp</p>	<p>14</p> <p>8:30 Cycle 9:20 Total Body Conditioning  10:15am</p>	
<p>15</p>	<p>16</p> <p>9:40 Cycle  10:15am  Cancelled 6:00 Tabata 8:00 Boot Camp</p>	<p>17</p> <p>9:40 Cycle  10:15am  5:30pm  6:30pm</p>	<p>18</p> <p>9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>19</p> <p>9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>20</p> <p> 9:00am  10:15am 7:00 Boot Camp</p>	<p>21</p> <p>8:30 Cycle 9:20 Total Body Conditioning  10:15am</p>	
<p>22</p> <p></p>	<p>23</p> <p>9:40 Cycle  10:15am  5:00pm 6:00 R.I.P.P.E.D 8:00 Boot Camp</p>	<p>24</p> <p>9:40 Cycle  10:15am  5:30pm  6:30pm</p>	<p>25</p> <p>9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>26</p> <p>9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>27</p> <p> 9:00am  10:15am 7:00 Boot Camp</p>	<p>28</p> <p>8:30 Cycle 9:20 Total Body Conditioning  10:15am</p>	
<p>29</p>	<p>30</p> <p>9:40 Cycle  10:15am  5:00pm 6:00 Tabata 8:00 Boot Camp</p>	<p>31</p> <p>9:40 Cycle  10:15am  5:30pm  6:30pm</p>	