

Group Aerobics Class Schedule  
Strawberry Mt. Fitness Center

**For more information Contact 493-3920**

July 2008

| Sun | Mon  | Tue                         | Wed                                    | Thu                         | Fri                            | Sat |
|-----|--|-----------------------------|--|-----------------------------|--------------------------------|-----|
|     |  | 1 5:45am Step with Heather  | 2<br><br>5:30pm Pilates with Caroline  | 3 5:45am Step with Heather  | 4                              | 5   |
| 6   | 7 Pilates with Caroline 7-8am<br><br>5:30pm Pilates with Caroline  | 8 5:45am Step with Heather  | 9<br><br>5:30pm Pilates with Caroline  | 10 5:45am Step with Heather | 11 Pilates with Caroline 7-8am | 12  |
| 13  | 14 Pilates with Caroline 7-8am<br><br>5:30pm Pilates with Caroline | 15 5:45am Step with Heather | 16<br><br>5:30pm Pilates with Caroline | 17 5:45am Step with Heather | 18 Pilates with Caroline 7-8am | 19  |
| 20  | 21 Pilates with Caroline 7-8am<br><br>5:30pm Pilates with Caroline | 22 5:45am Step with Heather | 23<br><br>5:30pm Pilates with Caroline | 24 5:45am Step with Heather | 25 Pilates with Caroline 7-8am | 26  |
| 27  | 28 Pilates with Caroline 7-8am<br><br>5:30pm Pilates with Caroline | 29 5:45am Step with Heather | 30<br><br>5:30pm Pilates with Caroline | 31 5:45am Step with Heather |                                |     |