



# Fitness for Women of Boca Raton

Club Hours (561)994-0007  
 Monday-Thursday 6am – 9pm  
 Friday 6am – 7pm  
 Sat. 8am-5pm Sun 9am-4pm

## JULY 2010 GROUP FITNESS SCHEDULE

Kid's Fun Center Hours:  
 Mon. Fri. 8am-1pm & 4pm-8pm  
 \*(Fri. closes 7pm)  
 Sat. 8am-12pm Sun. 9am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 9:00 BodyPUMP- Janice 10:15 BodyFLOW- Janice 11:30 Sr. Zumba- Nathaila  5:30 Spinning- Holly 5:30 Yoga- Hanna	<b>2</b> 8:30 Spinning- Dawna 9:30 Circuit Training- Dawna 10:30 Golden Girls- Sally  12:00 Mat Pilates- Nicoletta  5:30 BodyPUMP- Stephanie	<b>3</b> 9:00 BodyPUMP- Kathleen 9:30 Spinning- Donna  10:15 <i>4<sup>th</sup> of July~DrumsAlive</i> Join Kathleen for a 30 min. fun energizing workout  10:45 Extreme Stretch- Julie
<b>4 Happy 4<sup>th</sup> of July</b> Club hours 9-1pm 9:30 Spinning- Holly  10:00 Cardio Step- Janice  11:15 BodyFLOW- Janice 	<b>5</b> 8:30 Spinning- Donna (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12:00 Pilates- Nicoletta  5:30 Cardio Pump- Janice 5:30 Spinning- Holly 6:30 Ab- Attack- Janice(30) 7:00 Pilates- Sherree	<b>6</b> 8:30 Total Body- Kathleen(30) 9:15 BodyPUMP- Kathleen 10:30 BodyFLOW- Kathleen 12:00 Yoga- Sherree <b>4:15 BOOT CAMP- \$5.00</b> 5:30 Cardio Step- Janice(30) 6:00 BodyPUMP- Janice 7:00 BodyFLOW- Janice	<b>7</b> 8:30 Spinning- Dawna (45) 8:30 Cardio Rhythm- Willibeth 9:30 Yoga- Sherree 11:00 Golden Girls- Nicoletta 12:00 Pilates w/ props- Nicoletta  5:30 Spinning- Mindy 5:30 Ab- Attack- Stephanie(30) 6:00 BodyPUMP-Stephanie	<b>8</b> 9:00 BodyPUMP- Janice 10:15 BodyFLOW- Janice 11:30 Senior Zumba- Nathaila  5:30 Spinning- Holly 5:30 Yoga- Hanna	<b>9</b> 8:30 Spinning- Dawna 9:30 Circuit Training- Dawna 10:30 Golden Girls- Nicoletta 12:00 Mat Pilates- Nicoletta  5:30 BodyPUMP-Stephanie	<b>10</b> 9:00 BodyPUMP- Kathleen  9:30 Spinning- Mindy  10:30 Extreme Stretch- Julie
<b>11</b> 9:30 Spinning- Janice  10:00 Cardio Step- Mindy  11:15 BodyFLOW- Janice	<b>12</b> 8:30 Spinning- Donna (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12:00 Pilates- Nicoletta  5:30 Cardio Pump- Janice 5:30 Spinning- Mindy 6:30 Ab- Attack- Janice 7:00 Pilates- Sherree	<b>13</b> 8:30 Total Body- Kathleen(30) 9:15 BodyPUMP- Kathleen 10:30 BodyFLOW- Kathleen 12:00 Yoga- Sherree <b>4:15 BOOT CAMP- \$5.00</b> 5:30 Cardio Step- Janice(30) 6:00 BodyPUMP- Janice 7:00 BodyFLOW- Janice	<b>14</b> 8:30 Spinning- Dawna (45) 8:30 Cardio Rhythm- Willibeth 9:30 Yoga- Sherree 11:00 Golden Girls- Nicoletta 12:00 Pilates w/ props- Nicoletta  5:30 Spinning- Holly 5:30 Ab- Attack- Stephanie(30) 6:00 BodyPUMP-Stephanie	<b>15</b> 9:00 BodyPUMP- Janice 10:15 BodyFLOW- Janice 11:30 Senior Zumba- Nathaila  5:30 Spinning- Holly 5:30 Yoga- Hanna	<b>16</b> 8:30 Spinning- Dawna (45) 9:30 Circuit Training- Dawna 10:30 Golden Girls- Nicoletta  12:00 Mat Pilates- Nicoletta  5:30 BodyPUMP- Stephanie	<b>17</b> 9:00 BodyPUMP- Kathleen  9:30 Spinning- Holly  10:30 Extreme Stretch- Julie
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<b>25</b> 9:30 Spinning- Holly  10:00 Cardio Step- Danielle  11:15 BodyFLOW- Kathleen	<b>26</b> 8:30 Spinning- Donna (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12:00 Pilates- Nicoletta  5:30 Cardio Pump- Mindy 5:30 Spinning- Holly <u>No Ab class today</u> 7:00 Pilates- Sherree	<b>27</b> 8:30 Total Body- Kathleen(30) 9:15 BodyPUMP- Kathleen 10:30 BodyFLOW- Kathleen 12:00 Yoga- Sherree  5:30 Cardio Step- Mindy (30) 6:00 PUMP- Mindy <u>No BodyFLOW Today</u>	<b>28</b> 8:30 Spinning- Dawna (45) 8:30 Cardio Rhythm- Willibeth 9:30 Yoga- Sherree 11:0 Golden Girls- Nicoletta 12:00 Pilates w/ props- Nicoletta  5:30 Spinning- Mindy 5:30 Ab- Attack- Stephanie(30) 6:00 BodyPUMP-Stephanie	<b>29</b> 9:00 Pump- Dawna 10:15 BodyFLOW- Kathleen 11:30 Senior Zumba- Nathaila  5:30 Spinning- Holly 5:30 Yoga- Sherree	<b>30</b> 8:30 Spinning- Dawna (45) 9:30 Circuit Training- Dawna 10:30 Golden Girls- Sally  12:00 Mat Pilates- Nicoletta  5:30 BodyPUMP- Stephanie	<b>31</b> 9:00 BodyPUMP –Kathleen  9:30 Spinning- Holly  10:30 Extreme Stretch- Julie

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