

July 20 – 18

**Signup Required for all classes
PLEASE BRING YOUR OWN MAT**



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

5:30 am		CYCLE Interval Challenge Karen C		MVP SPIN Tracy C			
8:30am	 Michelle S	pilates core strength Carole B	 Natalie SUB FOR CHERYL		TOTAL BODY CORE Roz P	8:15am CYCLE CHALLENGE 45min	
						9:15am CYCLE CHALLENGE 45min	
						9:00am Michelle S	

SMALL GROUP PILATES & BOOTCAMP TRAINING COMING SOON...

5:30pm	 Laura SUB FOR CHERYL	6:00 MVP SPIN Tracy C	 Michelle S	pilates core strength Carol B	Spa Yoga Tatiana	Rama Athletic Hours: Mon– Fri 6am – 9pm Sat & Sun 7am – 6pm *All classes run 55 min unless noted “45” *[FF] Fitness Floor *Small Group Training Denotes additional fee per month*
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Rama Athletic Club