


Shelby- FIT for LIFE CLASSES - JUNE 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 31 No staffing	June 1 9AM Kickbox (\$5) 5:30pm Ball Class - Peggy	2 9:30am Ball Ex Peggy <i>Last day of school</i>	3 9AM Kickbox (\$5) 5:30 Kickboxing – Sabrina	4 9:30am Ball Ex Sabrina 6pm Tai Chi (experienced student practice)	5 9AM Kickbox (\$5) 11am Tai Chi all levels	6 10am Ball Ex. Ron
7 No staffing	8 9AM Kickbox (\$5) 5:30pm Ball Class – Peggy 6:30pm Exercise and Hypertension Ron: (\$10/\$15)	9 9:30am Ball Ex Peggy	10 9AM Kickbox (\$5) 5:30 Kickboxing – Sabrina	11 9:30am Ball Ex Peggy 5:30pm Vacation Workout (\$10/\$15) <i>*includes dynaband & exercise handout</i>	12 NO 9am Kickboxing today	13 10am Ball Ex. Peggy
14 No staffing	15 9AM Kickbox (\$5) 5:30pm Ball Class – Peggy 6:15pm Tai Chi (experienced student practice)	16 9:30am Ball Ex Peggy	17 9AM Kickbox (\$5) 5:30 Kickboxing – Sabrina	18 9:30am Ball Ex Sabrina TRX 2X2 @ 4:45, 5:30 or 6:15 (\$10/\$15)	19 11am Tai Chi all levels	20 10am Ball Ex. Peggy
21 No staffing	22 9AM Kickbox (\$5) 5:30pm Ball Class – Peggy	23 9:30am Ball Ex Peggy 5:30pm Strength & Sculpt –Cathy W 90 mins –(\$15/\$20)	24 9AM Kickbox (\$5) 5:30pm Kickboxing SB 5:30pm – H2O @ SCC – Peggy (\$5)	25 9:30am Ball Ex Sabrina	26 9AM Kickbox (\$5)	27 10am Ball Ex Peggy
28 No staffing	29 9AM Kickbox (\$5) 5:30pm Ball Class – Peggy	30 9:30am Ball Ex Peggy	** 7AM Classes will not be held this summer.	**Due to low attendance, we are combining the afternoon classes to 5:30pm only	NEW! Weekly Water Aerobics at Shelbyville Country Club!	

Tai Chi

Monday, June 8

Thursday, June 11

Tuesday, June 23

Thursday, June 18

FREE for all members who have taken Beginning Tai Chi. No beginning Tai Chi is offered this month.

Exercise & Hypertension: Learn how to exercise properly to help control blood pressure & even reduce medications! Open to the public – so bring your friends. \$10 members / \$15 guests.

Vacation Workout: You'll receive a dynaband and handout, along with instruction for keeping exercise going on vacation! Cost \$10 members / \$15 for guests.

Join Cathy W. as she leads you through a 90-minute targeted toning workout. You'll receive a handout so you can continue on your own for your best swimsuit body this summer! \$15 members / \$20 guests.

45-min. intense workout on the TRX with Carolyne. Limit 2 people / session. Sign up Early! \$10 members / \$15 guests.