



SOUTHEAST RALEIGH GROUP FITNESS

JUNE 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|-----------|-----------|---|-----------|---|
| | | | | | | 1 Circuit - Jenn 8:30 - 9:30 a.m. Beg Yoga-Krissy 9:40 - 10:40 a.m. |
| 2 | 3 HIP HOP Tracie 6:15 - 7:15 p.m. | 4 | 5 | 6 ZUMBA Taylor 6:15 - 7:15 p.m. | 7 | 8 Strong - Tracie 8:30 - 9:30 a.m. Barre - Paula 9:40 - 10:40 a.m. |
| 9 | 10 HIP HOP Tracie 6:15 - 7:15 p.m. | 11 | 12 | 13 CardioDance Byron 6:15 - 7:15 p.m. | 14 | 15 Pound- Joseph 8:30 - 9:30 a.m. Beg Yoga-Amanda 9:40 - 10:40 a.m. |
| 16 | 17 HIP HOP Tracie & Jenn K. 6:15 - 7:15 p.m. | 18 | 19 | 20 CardioDance Jenn 6:15 - 7:15 p.m. | 21 | 22 Circuit - Jenn 8:30 - 9:30 a.m. Beg. Yoga-Dana 9:40 - 10:40 a.m. |
| 23/30 | 24 HIP HOP Tracie 6:15 - 7:15 p.m. | 25 | 26 | 27 CardioDance Jenn 6:15 - 7:15 p.m. | 28 | 29 Circuit - Jenn 8:30 - 9:30 a.m. Barre - Jenn K. 9:40 - 10:40 a.m. |

* All classes are held at Walnut Creek Elementary School. Classes are \$3 each (Y-members are free).