



SOUTHEAST RALEIGH GROUP FITNESS

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HIP HOP Tracie, Jenn & Guest 6:15 - 7:15 p.m.	2	3	4 NO CLASS July 4	5	6 NO CLASS Holiday Weekend
7	8 HIP HOP Tracie 6:15 - 7:15 p.m.	9	10	11 CardioDance Byron 6:15 - 7:15 p.m.	12	13 Barre – Jenn K. 8:30 - 9:30 a.m. Beg. Yoga–NeSonya 9:40 - 10:40 a.m.
14	15 HIP HOP Tracie 6:15 - 7:15 p.m.	16	17	18 HIP HOP Jenn 6:15 - 7:15 p.m.	19	20 Pound– Joseph 8:30 - 9:30 a.m. Beg Yoga–Dana 9:40 - 10:40 a.m.
21	22 HIP HOP Tracie & Guest 6:15 - 7:15 p.m.	23	24	25 HIP HOP Jenn 6:15 - 7:15 p.m.	26	27 Circuit – Chris 8:30 - 9:30 a.m. Beg. Yoga–MyHao 9:40 - 10:40 a.m.
28	29 HIP HOP Tracie, Jenn K. & Guest 6:15 - 7:15 p.m.	30	31			.

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