

# June 2010



[coredynamicsfitness@mindspring.com](mailto:coredynamicsfitness@mindspring.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<p>Call Libby at 456.2842 or 574.2125 for info or questions. In emergency, call 288.3591 or Julie at 681.8068</p>		<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p>	<p>8am CANCELLED</p> <p>9am CANCELLED</p>
6	7	8	9	10	11	12
	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p>	<p>8am Spin 60</p> <p>9am Body Blast</p>
13	14	15	16	17	18	19
	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p>	<p>8am Spin 60</p> <p>9am Body Blast</p>
20	21	22	23	24	25	26
	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p>	<p>8am Spin 60</p> <p>9am Body Blast</p>
27	28	29	30			
	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>6am Hour of Power</p> <p>6pm Evening Spin 50</p>	<p>6am Sunrise Sweatbox</p> <p>9: 15 BOSU Core &amp; More</p> <p>5:45 Living Fit Living Well</p>	<p>Sunrise Sweatbox (6) 5/31-7/9</p> <p>Hour of Power (6) 6/8-7/15</p> <p>BOSU Core (6) 5/31-7/7</p>	<p>Evening Spin (6) 5/25-7/1</p>	<p><b>Saturday morning classes are FREE to those participating in a Core Dynamics program or personal training</b></p>