



**Bartley Center
Group Exercise Classes
Summer 2018**

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 4:30 PM— 5:45 PM Cardio Circuit	3 4:30 Step 5:15 Pilates Last Class	4 Holiday	5 4:30 PM Fusion 5:30 Stretch & Flex	6	7
8	9 4:30 PM— 5:45 PM Cardio Circuit	10	11 4:30 PM— 5:45 PM Strength Circuit	12 4:30 PM Fusion 5:30 Stretch & Flex	13	14
15	16 4:30 PM— 5:45 PM Cardio Circuit	17	18 4:30 PM— 5:45 PM Strength Circuit	19 4:30 PM Fusion 5:30 Stretch/Flex Last Class	20	21
22	23 4:30 PM— 5:45 PM Cardio Circuit	24	25 4:30 PM— 5:45 PM Strength Circuit	26	27	28
29	30 4:30 PM— 5:45 PM Cardio Circuit	31				



**Bartley Center
Group Exercise Classes
Summer 2018**

AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 4:30 PM— 5:45 PM Strength Circuit	2	3	4
5	6 4:30 PM— 5:45 PM Cardio Circuit	7	8 4:30 PM— 5:45 PM Strength Circuit	9	10	11
12	13 4:30 PM— 5:45 PM Cardio Circuit	14	15 4:30 PM— 5:45 PM Strength Circuit	16	17	18
19	20 4:30 PM— 5:45 PM Cardio Circuit	21	22 4:30 PM— 5:45 PM Strength Circuit	23	24	25
26	27 4:30 PM— 5:45 PM Cardio Circuit	28	29 4:30 PM— 5:45 PM Strength Circuit	30	31	