

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> SFN 6:00-8:00 Volleyball League I 5:30-8:30 GlideFit YOGA 10:00-10:45	<b>2</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>3</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>4</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>5</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>6</b> <b>TRANSPORTATION</b>	<b>7</b> NO CLASSES BER-VAUGHN TRIATHLON 8:00 POOL OPEN 12:00
<b>8</b> SFN 6:00-8:00 Volleyball League II 5:30-8:30 GlideFit YOGA 10:00-10:45	<b>9</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>10</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>11</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>12</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>13</b> <b>TRANSPORTATION</b>	<b>14</b> Lessons 10-10:45 Adaptive Lessons 10:00-10:45 GlideFit HIIT/ Interval 9:00-9:45 Reading 9-11
<b>15</b> SFN 6:00-8:00 Volleyball League II 5:30-8:30 GlideFit YOGA 10:00-10:45	<b>16</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>17</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>18</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>19</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>20</b> <b>TRANSPORTATION</b>	<b>21</b> Lessons 10-10:45 Adaptive Lessons 10:00-10:45 GlideFit HIIT/ Interval 9:00-9:45 Reading 9-11
<b>22</b> SFN 6:00-8:00 Volleyball League II 5:30-8:30 GlideFit YOGA 10:00-10:45	<b>23</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>24</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>25</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>26</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	<b>27</b> <b>TRANSPORTATION</b>	<b>28</b> Lessons 10-10:45 Adaptive Lessons 10:00-10:45 GlideFit HIIT/ Interval 9:00-9:45 Reading 9-11 FLICK 'N' FLOAT 7
<b>29</b> SFN 6:00-8:00 Volleyball League II 5:30-8:30 GlideFit YOGA 10:00-10:45	<b>30</b> <b>TRANSPORTATION</b> GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	<b>31</b> Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30				

\*\*Check our website for more information regarding our GlideFIT class offerings\*\*