

YOUNGSVILLE BE FIT! AUGUST 2016 FITNESS CLASS CALENDAR

Located at the Island Park Community Building, Youngsville, PA 16371

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6pm-7pm Cardio & Toning	2 7pm-7:45pm Evening Spin	3 6pm-7pm Cardio & Toning	4 7pm-7:45pm Evening Spin	5	6 8am-9am HIIT Class
7	8 No Class	9 7pm-7:45pm Evening Spin	10 No Class	11 7pm-7:45pm Evening Spin	8	12 8am-9am HIIT Class
W a r r e n C o . F a i r W e e k						
13	14 6pm-7pm Cardio & Toning	15 7pm-7:45pm Evening Spin	16 6pm-7pm Cardio & Toning	17 7pm-7:45pm Evening Spin	18	19 8am-9am HIIT Class
20	21 6pm-7pm Cardio & Toning	22 7pm-7:45pm Evening Spin	23 6pm-7pm Cardio & Toning	24 7pm-7:45pm Evening Spin	25	26 8am-9am HIIT Class
27	28 6pm-7pm Cardio & Toning	29 7pm-7:45pm Evening Spin	30 6pm-7pm Cardio & Toning	31 7pm-7:45pm Evening Spin		

Payment Options

Pay As You Go! \$3—30 minute class • \$5—1 hour class

Youngsville Be Fit! Punch Cards: Pay \$40 for 10 classes and get the 11th class FREE!

Instructors: Jill Jones (Cardio & Toning) • ShaShawn Maze (Evening Spin)

Facebook: www.facebook.com/youngsvillebefit Web: <http://youngsvilleboro.org/Home/island-park-fitness/>

Email: youngsvillebefit@gmail.com