



Fitness Center Announcements

July 2010



Holiday Hours

Sunday July 4th - CLOSED
Monday July 4th - CLOSED

Tour de France Spin

Come to Spin on Saturday's during the month of July and be a part of the Tour de France!

- ❖ July 3rd- Stage 7: Tournus to Station Des Rousses (Kate)
- ❖ July 10th- Stage 19: Bourdeaux Time Trial (Paul)
- ❖ July 17th- Stage 9: Morzine-Avoriaz to La Toussuire (Millie)
- ❖ July 24th- Stage 16: Bagneres-de-Luchon to Pau (Kristine)
- ❖ July 31st- Stage 17: Pau to Col du Tourmalet (Rita T.)



Yoga is Back!

Yoga All Levels is not being offered on Wednesday's at 6:40 pm with instructor Summer Morales.

