

FREE CLASSES
FOR NATIONAL PARK
& REC MONTH

LiveFit: Group Fitness Class Schedule July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
AM		Weekday Morning Classes will Resume in August!			Total Body Workout Rosy Pritchett 9:30AM-10:20AM
					Zumba Rosy Pritchett 10:30AM-11:20AM
PM				Hatha/Vinyasa Yoga Suzy Smola 4:30—5:30 PM	
	Gentle Yoga Tyler Kuelbs 5:00PM-6:15PM	Zumba Rosy Pritchett 5:30PM-6:20PM	Yoga 101 Tyler Kuelbs 5:00PM-6:15PM	Zumba Rosy Pritchett 5:30PM-6:20PM	
		Pilates Rosy Pritchett 6:30PM-7:20PM	Total Body Workout Rosy Pritchett 6:00 - 7:00PM	Pilates Rosy Pritchett 6:30PM-7:20PM	

****NO CLASSES JULY 3 OR 4****

To sign up for the FREE July LiveFit Pass, please visit LiveFitSLK.com or register in person before class at:

Southlake Activity Center
307 Parkwood Dr.
817-748-8019

LIVEFIT
SOUTHLAKE



LiveFitSLK.com