

June

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	2 8:30 Body Sculpt 1130 Yoga	3 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga	4 8:30 Body Sculpt 1130 Strong F.I.T.	5 0700 Spin 0830 Strong F.I.T.	6
7	8 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	9 8:30 Body Sculpt 1130 Yoga	10 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga	11 8:30 Body Sculpt 1130 Zumba	12 0700 Spin 0830 Strong F.I.T.	13
14	15 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	16 8:30 Body Sculpt 1130 Yoga	17 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga	18 8:30 Body Sculpt 1130 Zumba	19 Holiday	20
21	22 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	23 1130 Yoga	24 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Strong F.I.T. 1800 Yoga	25 1130 Zumba	26 0700 Spin 0830 Strong F.I.T.	27
28	29 0700 Strong F.I.T. 0830 Strong F.I.T. 1130 Stretch Zone	30 1130 Yoga				30

*FITNESS IMPROVEMENT(FIP) CLASSES

For more information call 919-722-0420

SPIN - NEW THIS MONTH