



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Follow us On Twitter! @AdvRehabHealth	1 CLOSED	2 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit 5:30 pm DPP	3 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga \$	4 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit	5 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise	6 9:30 am Yoga \$
7	8 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise	9 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit	10 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga \$	11 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit	12 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise	13 9:30 am Yoga \$
14 Like us on Facebook! 	15 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors	16 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit 5:30 pm DPP	17 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga \$	18 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit	19 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise	20 9:30 am Yoga \$
21	22 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors	23 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit	24 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga \$	25 6 am Bootcamp 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit	26 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise	27 9:30 am Yoga \$
28 \$ - Cost for class	29 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors	30 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit 5:30 pm DPP	31 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise for Seniors 6:00 pm Yoga \$	28 8:15 am Advanced Fitness 9:30 am In the Mix for Health 5:30 pm Cardio, Weights, Circuit	29 8:15 am Wake Up & Pump Up Your Health! 9:30 am In the Mix for Health 11:00 am Health Exercise	30 9:30 am Yoga \$