

JULY FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
GRIT/TABATA 7:00am — NANCY BOOTY CAMP 8:00am — BETTY BOX FITNESS & ABS 9:00am — BETTY ZUMBA 10:00am — WILLIAM	BOOT CAMP 8:00am — NANCY PUMP IT UP 9:00am — NANCY CARDIO SCULPT 10:00am — BARBARA	GRIT/TABATA 7:00am — NANCY BOOTY CAMP 8:00am — BETTY BODY SHOCK & ABS 9:00am — BETTY ZUMBA 10:00am — WILLIAM	STRETCH & FLEX 8:00am — BETTY PUMP IT UP 9:00am — WENDY
FRIDAY	SATURDAY	SUNDAY	
GRIT/TABATA 7:00am — NANCY TONE YOUR BODY 8:00am — NANCY DRENCHED 9:00am — BETTY CARDIO SCULPT 10:00am — BARBARA	GRIT 8:00am — NANCY PUMP IT UP 9:00am — NANCY ZUMBA 10:00am — WILLIAM YOGA 11:00am	STRONG 8:00am — NANCY BUTT & GUT 9:00am — NANCY PUMP IT UP 10:00am — WENDY	

**WELCOME
BACK!**

**ALL CLASSES
ARE LOCATED IN
SWEETGRASS PAVILLION
OR ON THE FIELD**

PLEASE NOTE:

- CHECK IN AT MEMBER SERVICES
- WEAR YOUR WRISTBAND
- MAINTAIN SOCIAL DISTANCING 6' APART
- CHECK IN WITH CLASS INSTRUCTOR
- SIGN UP FOR TEXTING SERVICE
- HELP MAINTAIN THE CLEAN CLUB
- FOLLOW US ON FACEBOOK: EMAIL INFO@CSRESORT.COM
- JOIN OUR CLASSES ON VIMEO!
- WEAR A MASK UPON ENTERING & EXITING THE FACILITY
- BRING YOUR OWN YOGA MAT, TOWEL & WEIGHTS
- SIGN UP FOR HIKES & CLASSES: EMAIL JOYCE — JLAZIER@CSRESORT.COM

