

JULY 2018

WWW.BELIEVENUFITNESS.COM

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Pre-4th of July Holiday Ride 7:45-8:45am Come late if you want</p>	<p>2</p> <p>5:30am Cycle-Jill NO mid-morning class</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp- Cory</p>	<p>3</p> <p>5:30am <i>BodyShred-Cory</i> <u>Yoga Cancelled</u> 6:15am <i>Outdoor Fitness- Track-Cory</i></p> <p>5:30 Zumba-Kim NO RIP OR SPIN NEW LIFE's FIREWORKs</p>	<p>4</p> <p>5:30am 30m cycle-Cory No -mid-morning class</p> <p style="text-align: center;"><u>HAPPY 4th of July</u> <u>NO CLASSES</u></p>	<p>5</p> <p>5:30am <i>BodyShred-Cory</i> 6:15am <i>Outdoor Fitness- Track-Cory</i></p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells</p>	<p>6</p> <p>5:30am 30m cycle-Jill <u>No mid-morning class</u></p>	<p>7</p> <p style="text-align: center;"><u>8am</u> Barbell/Dumbbell- Cory (45min class)</p> <p style="text-align: center;"><u>8:45am</u> 45min SPIN-Fred</p>
<p>8</p> <p>7:45am hour Spin-Cory</p> <p>Tip: Stay Focused! Stay Positive! Baby Steps!</p>	<p>9</p> <p>5:30am Cycle-Jill 8:30am Spin/Tone Michelle</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp- Cory</p>	<p>10</p> <p>5:30am <i>BodyShred-Cory</i> 6:15am <i>Outdoor Fitness- Track-Cory</i></p> <p><u>8:45am Gentle Hatha</u> <u>YOGA w/ Karen</u></p> <p>5:30 Zumba-Kim 6:30 RIP-Michelle 7:30 SPIN Heather</p>	<p>11</p> <p>5:30am 30m cycle-Cory 8:30am UGI/Straps/SPIN</p> <p>6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn 7:30 UpperBodyStraps</p>	<p>12</p> <p>5:30am <i>BodyShred-Cory</i> 6:15am Outdoor fitness</p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells</p>	<p>13</p> <p>5:30am 30m cycle-Jill 8:30am 45min SPIN- Cory</p>	<p>14</p> <p style="text-align: center;"><u>8am</u> RIP Michelle (45min class)</p> <p style="text-align: center;"><u>8:45am</u> 45min SPIN-Fred</p>
<p>15</p> <p>7:45am hour Spin-Cory</p> <p>Tip: Try for 250 minutes of exercise this week. Brake it up!</p>	<p>16</p> <p>5:30am Cycle-Jill 8:30Spin/Tone Michelle</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp- Cory</p>	<p>17</p> <p>5:30am <i>BodyShred-Cory</i> 6:15am Outdoor fitness</p> <p><u>8:45am Gentle Hatha</u> <u>YOGA w/ Karen</u></p> <p>5:30 Zumba-Kim 6:30 RIP-Michelle 7:30 SPIN Heather</p>	<p>18</p> <p>5:30am 30m cycle-Cory 8:30 UGI/Straps/SPIN</p> <p>6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn 7:30 Spin 30min</p>	<p>19</p> <p>5:30am <i>BodyShred-TBA</i> 6:15am Outdoor fitness Cory</p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells MINGLE ON MAIN</p>	<p>20</p> <p>5:30am 30m cycle-Jill 8:30am 45min SPIN- TBA</p>	<p>21</p> <p style="text-align: center;"><u>8am</u> Barbbells/dumbbells- TBA (45min class)</p> <p style="text-align: center;"><u>8:45am</u> 45min SPIN-Fred</p>
<p>22</p> <p>7:45am hour Spin-TBA</p> <p>Tip: Put down the junk food..Think about what your putting in your mouth..What will it do for your body?</p>	<p>23</p> <p>5:30am Cycle-Jill 8:30am Spin/Tone Michelle</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp- TBA</p>	<p>24</p> <p>5:30am <i>BodyShred-TBA</i> 6:15am <i>Outdoor Fitness- Track-TBA</i></p> <p><u>8:45am Gentle Hatha</u> <u>YOGA w/ Diana</u></p> <p>5:30 Zumba-Kim 6:30 RIP-Michelle 7:30 SPIN Heather</p>	<p>25</p> <p>5:30am 30m cycle-TBA 8:30am UGI/Straps/SPIN TBA</p> <p>6:00 UGI tone 6:30 SPIN 30 min 7:00 BootyBurn 7:30 Upper Body Straps</p>	<p>26</p> <p>5:30am <i>BodyShred-Cory</i> 6:15am Outdoor fitness</p> <p>5:30 ZUMBA-Kim 6:30 Barbells&Dumbells</p>	<p>27</p> <p>5:30am 30m cycle-Jill 8:30am 45min SPIN- Cory</p>	<p>28</p> <p style="text-align: center;">RIP Michelle (45min class)</p> <p style="text-align: center;"><u>8:45am</u> 45min SPIN-Fred</p>

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<p>29</p> <p>7:45am hour Spin-Cory</p> <p>Tip: Weight Training builds muscle, muscle = fat burn.</p>	<p>30</p> <p>5:30am Cycle-Jill 8:30am Spin/Tone Michelle</p> <p>6:00 Barbell/Dumbbell 7:15pm I/O Bootcamp-Cory</p>	<p>31</p> <p>5:30am BodyShred-Cory 6:15am Outdoor Bootcamp-Track-Cory <u>8:45am Gentle Hatha YOGA w/ Karen</u></p> <p>5:30 Zumba-Kim 6:30 RIP-Michelle 7:30 SPIN Heather</p>				
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Cardiovascular Classes:

- Zumba (60 mins)
- SPIN(30 or 45 mins)
- BodyShred by Jillian Michaels
- Step & Tone

Toning Classes:

- Step & Tone (60 mins)
- UGI Tone (30 mins) (Cardio also)
- Zumba Toning (60 mins)
- Suspension (45 mins)
- RIP (barbell training)
- BodyShred by Jillian Michaels

CORE Toning Classes:

- UGI Tone (big medicine ball)

YOGA:

- Stretching & clearing your mind

Newbees first class is **FREE!**

RATES:

- \$60 per month unlimited classes
 - 3 month unlimited \$150.00
- \$30 per month unlimited for COLLEGE STUDENTS
- \$50 for a 10 class punch (good for 2 months)
- \$35 month unlimited for Seniors 64 plus
 - *Yoga is a separate cost!
 - \$12 per class OR
 - \$60-6 class punch
- Kids/Family Yoga \$5 per class

GRAB A GIFT CARD FOR A LOVED ONE!