


YOGA

July 2010

PILATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Address: 4031 NW 97 th Blvd Gainesville, FL 32606 (352) 332-3488 fitforlifefc.com	Fee Schedule Members: \$5/class Non-members \$10 \$30/mth unlimited for members		1 Yoga 11:00-12:00 noon	2	Fee Schedule Members: \$5/class Non-members \$10 \$30/mth unlimited for members
Happy 4 th CLOSED LESS AMERICA	5 Pilates 4:00 – 5:00 pm	6 Yoga 11:00-12:00 noon Ab Attack 6:00 – 6:30 pm	7	8 Yoga 11:00-12:00 noon Pilates 5:30 – 6:30 pm	9	10
	12 Pilates 4:00 – 5:00 pm	13 Yoga 11:00-12:00 noon Ab Attack 6:00 – 6:30 pm	14	15 Yoga 11:00-12:00 noon Pilates 5:30 – 6:30 pm	16	17
	19 Pilates 4:00 – 5:00 pm	20 Yoga 11:00-12:00 noon Ab Attack 6:00 – 6:30 pm	21	22 Yoga 11:00-12:00 noon Pilates 5:30 – 6:30 pm	23	24
	26 Pilates 4:00 – 5:00 pm	27 Yoga 11:00-12:00 noon Ab Attack 6:00 – 6:30 pm	28	29 Yoga 11:00-12:00 noon Pilates 5:30 – 6:30 pm	30 Hatha Yoga: Hatha Yoga-designed to improve flexibility & core strength. Ideal for all ages & skill levels.	31 Pilates: Build core strength incorporating balance, form, posture in various exercises. Ideal for most ability levels.