

BODY N' SOUL FITNESS

Rms 49/51

Mon 7:30 AM Wed 7 PM Fri 7:30 AM

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Carol 814-206-4335

JULY 2022 SCHEDULE:

Fri	07/01	60 min cardio (4 m)
Mon	07/04	NO AEROBICS, Happy 4 th of July!
Wed	07/06	45 min pilates (mat, stretchie band)
Fri	07/08	51 min cardio, toning, (3 m, stretchie band)
Mon	07/11	NO AEROBICS, VBS
Wed	07/13	NO AEROBICS, VBS
Fri	07/15	60 min cardio (4m)
Mon	07/18	48 min cardio, HIIT (3m)
Wed	07/20	65 min cardio, strength training (3+ m, 1-10 lb weights, mat)
Fri	07/22	75 min cardio, toning (5 m, stretchie band)
Mon	07/25	48 min cardio, toning (3m, 1-3 lb hand weights)
Wed	07/27	64 min cardio, strength training (2+m, 1-10 lb weights, mat)
Fri	07/29	56 min cardio, toning (4 m, stretchie band)

*Monday coffees after aerobics at Bonfattos. Questions call Carol.

I love you guys and the way you love each other! This is probably the least amount of words I've ever typed on one of these schedules. See how big the print is! LOL. God is good!

