









710 Fulton Street
 Tell City, IN 47586
 (812) 547-3565

EverBody's Fun and Fitness Center

www.everbodys.com

AUGUST CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM		WAKE UP WORKOUT	 SPINNING **		WAKE UP WORKOUT					
5:30 AM	**Spin & Praise (Free to Public)			**Spin & Praise (Free to Public)						
7:30 AM						Footprints				
8:15 AM					Aqua Aerobics (HIE Pool)	TOTAL BODY				
9:00 AM	Cardio & Strength	YOGA	Resistance Training Circuit	Balance Pilates	YOGA	 ZUMBA fitness	Wallyball 6pm			
5:30 PM	Aqua Aerobics (HIE Pool)	YOGA	Aqua Aerobics (HIE Pool)	Barre	<p>Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p>Schweizer Fest Bench Press Competition Aug 11th - 10:00 a.m. EverBody's Fitness Center</p> <p>Schweizer Fest Road Run Aug 11th - 8:00 a.m. City Hall Park 2 & 6 mile distances</p> <p>Schweizer Fest Bicycle Tour Aug 12th - 8:00 a.m. EverBody's Fitness Center 6, 31, & 62 mile distances</p> <p>Biggest Loser Season 20 August 28th - Last day to register</p>					
	BODY <i>Sculpting</i>		 ZUMBA fitness							
6:30 PM	**  SPINNING	**  SPINNING	**  SPINNING							
	Barre	 ZUMBA fitness	Pound ** Court 1							
	 ZUMBA fitness (Schergen Center)									
** Reservations are required for Spinning & Pound										