









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

EverBody's Fun and Fitness Center

www.everbodys.com

JUNE CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 AM	Barre	WAKE UP WORKOUT	 SPINNING **	Step	WAKE UP WORKOUT		
5:30 - 7:00 AM	Lap Swim (JFK City Pool)		Lap Swim (JFK City Pool)		Lap Swim (JFK City Pool)		
7:00 AM							 SPINNING **
7:30 AM						<i>Footprints</i>	
8:30 AM						Saturday Morning Fitness (See Below for Class Schedule)	
9:00 AM	Cardio & Strength	YOGA	<i>Resistance Training Circuit</i>	Balance Pilates	YOGA		Wallyball 6pm
5:30 PM	BODY Sculpting	YOGA	 ZUMBA fitness	Barre	Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM Corporate Challenge June 4th - 5:30 am to 6:30 pm Initial Weigh-in Saturday Morning Fitness June 1 - Barre w/ Laura June 8 - Total Body w/ Tabbie June 15 - YOGA w/ Brandy June 22 - Spinning w/ Darla June 29 - Zumba w/ Patty		
6:15 PM	Aqua Aerobics (JFK City Pool)		Aqua Aerobics (JFK City Pool)				
6:30 PM	 SPINNING **	 SPINNING **	 SPINNING **				
	Barre	 ZUMBA fitness					
	 ZUMBA fitness (Schergen Center)						
** Reservations are required for Spinning							