

July 2010

Fitness/Instructional Class Schedule

Registration is required to attend these classes except * are drop in classes free for members or the daily fee

Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00am							
7am							
8am							
9am	Free TAI CHI meet-up group will meet at MAFC at 9:00-10:00am Mondays & Wednesdays						
10am							
11am							
Noon							
1:30pm						Japanese Sword (7/10)	
2pm							
3pm							
4pm		Youth Dev. Racquetball 4:00 - 4:45 pm (7/13-8/3)					
5pm						Youth Shotokan Karate (6/29-7/30) No Class 7/6 or 7/9	CENTER CLOSES AT 5:00PM
6pm							
		Youth Shotokan Karate (6/29-7/30) No Class 7/6 or 7/9	Water Aerobics (6/29- 7/29)		Water Aerobics (6/29-7/29)		Try out our new High Intensity Training or Run/Jog Classes!
8pm		Adult Shotokan Karate (6/29-7/29) No class 7/6 or 7/8			Adult Shotokan Karate (6/29-7/29) No class 7/6 or 7/8		
9pm	CENTER CLOSES AT 9:00PM						