















# JUNE 2019

SUN	MON	TUE	WED	THUR	FRI	SAT
						1 <b>BONUS CLASS:</b> <b>BOUNCE</b> w/Michelle South @ 9:30 am
2 <b>Class Promo:</b> <b>Yoga</b> w/Jen Scottsville Road @ 3:30 pm 	3 	4 	5 <b>Class Promo:</b> <b>MetCon</b> w/Jamie Scottsville Road @ 4:30 pm	6 <b>BAC Gear</b> 20% OFF	7 	8 <b>Class Promo:</b> <b>Movement Mentality</b> w/Justin Scottsville Road @ 11 am
9 <b>Class Promo:</b> <b>Group Power</b> w/Beth Scottsville Road @ 2 pm	10 <b>KD Aesthetics</b> Nutrient IV Therapy Demo 4-6 pm	11 <b>Class Promo:</b> <b>Zumba</b> w/Sabrina Women's Classroom @ 8:45 am 	12 	13 <b>Cardio Kick Release</b> w/Steve Scottsville Road @ 8:45 AM *Bring a guest for free	14 <b>Class Promo:</b> <b>Cardio Spin</b> w/Adam Scottsville Road @ 8:30 am	15 <b>Stuff the Bus 5k &amp; Kid's Glimmer Gallop</b> Chaney's Dairy Barn 7:30 PM 
16 <b>Class Promo:</b> <b>Zumbaw/Shelly</b> Women's Classroom @ 2 pm <b>Happy Father's Day:</b> Bring your dad to workout for free today.	17 <b>Hydrfacial BG</b> Demo 4-6 pm	18 	19 	20 <b>Cardio Kick Release</b> w/Steve Scottsville Road @ 8:45 AM *Bring a guest for free	21 <b>Happy Summer Solstice!</b> 	22 <b>Class Promo:</b> <b>Pound</b> w/Megan Women's Classroom @ 9:30 am
23 <b>Class Promo:</b> <b>Cardio Spin</b> w/Nick Scottsville Road @ 7:30 am 	24 <b>BONUS CLASS:</b> <b>BOUNCE</b> w/Michelle South @ 4:30 pm	25 	26 	27 <b>Class Promo:</b> <b>30 Minute Challenge</b> w/Betsy Scottsville Road @ Noon	28 	29 <b>BONUS CLASS:</b> <b>BOUNCE</b> w/Michelle South @ 9:30 am <b>Movement Mentality Workshop</b> 9-11 am
30 <b>BAC Gear</b> 20% OFF			