


JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				01 MESSAGE ON SITE EVERY THURSDAY (BOOK NOW)	02 ATTENDANCE CHALLENGE ALL MONTH LONG	
03	04 4th of July FACILITY CLOSED	05 IMPROVE YOUR... MILE JULY 5TH- 29TH	06	07	08	09
10	11	12	13	14	15	16
17	18 	19 RECOVERY SEMINAR @ 11:00AM MT	20	21	22	23
24	25	26	27	28	29 IMPROVE YOUR... MILE ENDS	30

ATTENDANCE CHALLENGE
NEED SOME MOTIVATION TO GET TO THE GYM? WIN POINTS WITH EACH VISIT TO THE GYM, WHILE ATTENDING A CLASS VIRTUALLY, AND MORE!

IMPROVE YOUR... MILE
ARE YOU WANTING TO IMPROVE YOUR MILE TIME? THIS PROGRAM WILL CHALLENGE YOUR CARDIOVASCULAR SYSTEM AND IMPROVE YOUR MILE TIME OVER 4 WEEKS! START NOW & TAKE IT OUTSIDE.

RECOVERY SEMINAR
LEARN TIPS AND LIFE LONG TOOLS TO STAY INJURY FREE AND REDUCE ANY JOINT PAIN.