

# SUMMER SLAM SPECIAL

## GROUP FITNESS THEME CLASSES



MONDAY

### “THROW-BACK”SPIN

(music from the 80s, 90s and 00s)  
July 10, 24  
6:00 pm  
Melanie (SS)

### G FORCE

(decades of music!)  
July 10, 17, 24, 31  
6:15 pm  
George (LG)

### CARDIO BARRE

July 10, 17, 24, 31  
7:15 pm  
Jenn (YB)



TUESDAY

### PILATES

(myofascial w/ foam roller & tennis balls)  
July 18  
9:30 am  
Anna (LG)

### 321 SHRED BAND BLAST

July 11, 18, 25  
12:30 pm &  
5:00 pm  
Maria (LG)

### BOOTY BARRE XTRA BOOTY

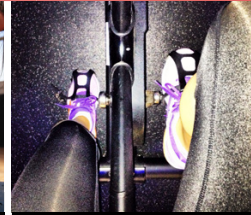
July 11, 18, 25  
5:45 pm  
Maria (LG)



WEDNESDAY

### P90X LIVE 19

July 26  
6:15 pm  
George (LG)



THURSDAY

### BLACK LIGHT SPIN

July 13, 20, 27  
6:00 pm  
Hannah (SS)

### FIND YOUR MIGHTY WITH BURPEES

(bodypump)  
July 13, 20, 27  
7:00 pm  
Caryn (LG)



FRIDAY

### LUNCH CRUNCH

(spinning and abs)  
July 14, 21, 28  
12:30 pm  
Angela (SS)



SATURDAY

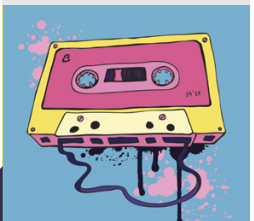
### BODYPUMP LAUNCH 102

July 22, 29  
10:30 am  
Shannon (LG)

### BURN BOOTY BURN

July 8, 15, 22, 29  
10:30 am  
Maria (YB)

CSC MEMBERS BRING YOUR GUESTS FOR FREE ALL JULY! FRIENDS AND FAMILY ARE WELCOME TO JOIN US FOR SUMMER SLAM CLASSES.



SIGN UP FOR CLASSES ONLINE

(LG) LARGE STUDIO

(SS) SPINNING STUDIO

(YB) THE YOGA BARRE