



# Whole Body Fitness Colorado

## July 2009

RSVP to Peggy at [Peggy@WholeBodyFitnessColorado.com](mailto:Peggy@WholeBodyFitnessColorado.com) or 303-345-1501 or visit [www.wholebodyfitnesscolorado.com](http://www.wholebodyfitnesscolorado.com)

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Weight Loss Group Coaching 11:30am-12:30pm	<b>2</b> Boot Camp on the Green 6:00-7:00am Weekday Warriors 2:30-3:30pm FITcam Cardio/Lower Body 5:30-6:30pm	<b>3</b> FITcam Core/Stretch 11:30-12:30am
<b>6</b> FITcam Core/Stretch 11:30am-12:30pm FITcam Cardio/Upper Body 5:30-6:30pm	<b>7</b> Boot Camp on the Green 6:00-7:00am	<b>8</b> Weight Loss Group Coaching 11:30am-12:30pm	<b>9</b> Boot Camp on the Green 6:00-7:00am Weekday Warriors 2:30-3:30pm FITcam Cardio/Lower Body 5:30-6:30pm	<b>10</b> FITcam Core/Stretch 11:30-12:30am Excuse Buster Teleclass 1:00-2:00pm
<b>13</b> FITcam Core/Stretch 11:30am-12:30pm FITcam Cardio/Upper Body 5:30-6:30pm	<b>14</b> Boot Camp on the Green 6:00-7:00am	<b>15</b> Weight Loss Group Coaching 11:30am-12:30pm	<b>16</b> Boot Camp on the Green 6:00-7:00am Weekday Warriors 2:30-3:30pm FITcam Cardio/Lower Body 5:30-6:30pm	<b>17</b> FITcam Core/Stretch 11:30-12:30am Excuse Buster Teleclass 1:00-2:00pm
<b>20</b> FITcam Core/Stretch 11:30am-12:30pm FITcam Cardio/Upper Body 5:30-6:30pm	<b>21</b> Boot Camp on the Green 6:00-7:00am	<b>22</b> Weight Loss Group Coaching 11:30am-12:30pm	<b>23</b> Boot Camp on the Green 6:00-7:00am Weekday Warriors 2:30-3:30pm FITcam Cardio/Lower Body 5:30-6:30pm	<b>24</b> FITcam Core/Stretch 11:30-12:30am Excuse Buster Teleclass 1:00-2:00pm
<b>27</b> FITcam Core/Stretch 11:30am-12:30pm FITcam Cardio/Upper Body 5:30-6:30pm	<b>28</b> Boot Camp on the Green 6:00-7:00am	<b>29</b> Weight Loss Group Coaching 11:30am-12:30pm	<b>30</b> Boot Camp on the Green 6:00-7:00am Weekday Warriors 2:30-3:30pm FITcam Cardio/Lower Body 5:30-6:30pm	<b>31</b> FITcam Core/Stretch 11:30-12:30am Excuse Buster Teleclass 1:00-2:00pm