


AUGUST CommonHealth Fitness Class Schedule – James Monroe Bldg.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CORE FIT 12:15 AND 5:1	2 YOGA 12:15 - 1	3 CORE FIT 12:15 AND 5:15	4 YOGA 12:15 - 1
7 CORE FIT 12:15 - 1	8 CORE FIT 12:15 AND 5:15	9 YOGA 12:15 - 1	10 CORE FIT 12:15 AND 5:15	11 YOGA 12:15 - 1
14 CORE FIT 12:15 - 1	15 CORE FIT 12:15 AND 5:15	16 YOGA 12:15 - 1	17 CORE FIT 12:15 AND 5:15	18 YOGA 12:15 - 1
21 CORE FIT 12:15 - 1	22 CORE FIT 12:15 AND 5:15	23 NO YOGA TODAY	24 CORE FIT 12:15 AND 5:15	25 NO YOGA TODAY
28 CORE FIT 12:15 - 1	29 CORE FIT 12:15 AND 5:15	30 YOGA 12:15 - 1	31 CORE FIT 12:15 AND 5:15	28 YOGA 12:15 - 1



All classes at the CommonHealth Fitness Center on S level – James Monroe Bldg.
 Yoga - \$5/session Core Fit - \$6 per session or save with a monthly pass!