

June 2017
















All classes are complimentary for our Inverness Anytime Fitness members.

Guest Anytime Fitness members may pay \$5 per class to participate.

Guests may pay \$10 per class to participate.



Anytime Fitness Inverness
345 E Highland Blvd
Inverness, FL 34452
352-400-4894

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN DAY
May 29 UNSTAFFED FOR MEMORIAL DAY NO GROUP FITNESS TODAY TRY  VIRTUAL CLASS	May 30 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	May 31  Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	June 1 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	2  Silver & Fit 8:30am Cardio kick 9:30am(Marilynne) Pump/TRX 10:30am(Marilynne)	3	4
5  Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine) 5 YEAR ANNIVERSARY MEMBER APPRECIATION PARTY 4-7pm	6 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	7  Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	8 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	9  Silver & Fit 8:30am Cardio kick 9:30am(Marilynne) Pump/TRX 10:30am(Marilynne)	10	11
12  Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	13 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	14  Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	15 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	16  Silver & Fit 8:30am Cardio kick 9:30am(Marilynne) Pump/TRX 10:30am(Marilynne)	17	18
19  Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	20 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	21  Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	22 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	23  Silver & Fit 8:30am Cardio kick 9:30am(Marilynne) Pump/TRX 10:30am(Marilynne)	24	25
26  Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	27 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) Equipment Orientation 11:30am(JK)	28  Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	29 Zumba 9:30 (Chandra)	30  Silver & Fit 8:30am	July 1	July 2