

# August 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	SUNDAY
July 31 Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	1 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) <b>Equipment Orientation 11:30am(JK)</b>	2 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	3 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	4 Silver & Fit 8:30am Cardio class 9:30am(Marilynne) Pump 10:30am(Marilynne)	5	6
7 Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	8 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) <b>Equipment Orientation 11:30am(JK)</b>	9 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	10 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	11 Silver & Fit 8:30am Cardio class 9:30am(Marilynne) Pump 10:30am(Marilynne)	12	13
14 Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	15 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) <b>Equipment Orientation 11:30am(JK)</b>	16 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	17 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	18 Silver & Fit 8:30am Cardio class 9:30am(Marilynne) Pump 10:30am(Marilynne)	19	20
21 Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	22 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) <b>Equipment Orientation 11:30am(JK)</b>	23 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	24 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	25 Silver & Fit 8:30am Cardio class 9:30am(Marilynne) Pump 10:30am(Marilynne)	26	27
28 Silver & Fit 9:00am Zumba 10:00am (Chandra) Strong HIIT 5:30pm (Christine)	29 Zumba 9:30am (Chandra) Tabata 10:30am (Marilynne) <b>Equipment Orientation 11:30am(JK)</b>	30 Silver & Fit 8:30am Cardio Abs 9:30am(Marilynne) Pump 10:30am(Marilynne) Strong HIIT 5:30pm (Christine)	31 Zumba 9:30 (Marilynne) Toning 10:30am (Marilynne)	September 1 Silver & Fit 8:30am Cardio class 9:30am(Marilynne) Pump 10:30am(Marilynne)	Sept 2	Sept 3