



seaboard fitness & wellness

July

calendar 2008

802 Semart Drive Raleigh, NC 27604
Phone 919-833-5800

Look for new classes marked with**
\$ Indicates a fee-based on class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:15 - 7:00 AM CHISEL'D - Abeni 12:00 - 12:45 PM PILATES - Lisa 6:00 - 7:00 PM BODY WORKS - Thach 7:00 - 8:00 PM ZUMBA - Lawana	2 6:00 - 6:45 AM PILATES - Marideth 12:00 - 12:45 PM CHISEL'D - Tony 6:00 - 7:00 PM FLOW YOGA Melissa D 7:00 - 8:00 PM CARDIO KICKBOX Greg	3 6:00 - 6:45 AM CHISEL'D - Cheryl 12:00 - 1:00 PM FLOW YOGA Melissa D 6:00 - 7:00 PM CARDIO SCULPT Matt	4 HAPPY INDEPENDENCE DAY! No Classes today Club open 7am-2pm	5 9:00 - 10:00 AM BOSU - Tara 10:00 - 10:30 AM ARMED & DANGEROUS Tara 10:30 - 11:30 AM FLOW YOGA Dominique
6	7 9:30 - 10:30 AM PILATES - Marideth 5:30 - 6:30 PM BOSU BURN - TBD 6:30 - 7:30 PM CARDIO DRILL - Tim 7:30 - 8:30 PM NIA - Rachel	8 6:15 - 7:00 AM CHISEL'D - Abeni 12:00 - 12:45 PM PILATES - Lisa 6:00 - 7:00 PM BODY WORKS Marlene 7:00 - 8:00 PM ZUMBA - Lawana	9 6:00 - 6:45 AM PILATES - Marideth 12:00 - 12:45 PM CHISEL'D - Tony 6:00 - 7:00 PM FLOW YOGA Matthew 7:00 - 8:00 PM CARDIO KICKBOX Greg	10 6:00 - 6:45 AM CHISEL'D - Cheryl 12:00 - 1:00 PM FLOW YOGA Dominique 6:00 - 7:00 PM CARDIO SCULPT Matt	11 6:30 - 7:15 AM PILATES - Lisa 5:30 - 6:30 PM PILATES ON THE BALL - Lisa	12 9:00 - 10:00 AM BOSU - Tara 10:00 - 10:30 AM ARMED & DANGEROUS Tara 10:30 - 11:30 AM FLOW YOGA Melissa D
13	14 9:30 - 10:30 AM PILATES - Marideth 5:30 - 6:30 PM BOSU BURN - TBD 6:30 - 7:30 PM CARDIO DRILL - Greg 7:30 - 8:30 PM NIA - Rachel	15 6:15 - 7:00 AM CHISEL'D - Abeni 12:00 - 12:45 PM PILATES - Lisa 6:00 - 7:00 PM BODY WORKS - Mike 7:00 - 8:00 PM ZUMBA - Lawana	16 6:00 - 6:45 AM PILATES - Marideth 12:00 - 12:45 PM CHISEL'D - Tony 6:00 - 7:00 PM FLOW YOGA Mary 7:00 - 8:00 PM CARDIO KICKBOX Greg	17 6:00 - 6:45 AM CHISEL'D - Cheryl 12:00 - 1:00 PM FLOW YOGA Dominique 6:00 - 7:00 PM CARDIO SCULPT Mike	18 6:30 - 7:15 AM PILATES - Lisa 5:30 - 6:30 PM PILATES - Suzi	19 Anniversary Celebration SPECIAL CLASS! 9:00 - 10:00 AM HIP HOP - VON 10:00 - 10:30 AM ARMED & DANGEROUS Melyssa 10:30 - 11:30 AM FLOW YOGA Julie
20	21 9:30 - 10:30 AM PILATES - Marideth 5:30 - 6:30 PM BOSU BURN - Tara 6:30 - 7:30 PM CARDIO DRILL - Tim 7:30 - 8:30 PM NIA - Rachel	22 6:15 - 7:00 AM CHISEL'D - Abeni 12:00 - 12:45 PM PILATES - Marybeth 6:00 - 7:00 PM BODY WORKS - Thach 7:00 - 8:00 PM ZUMBA - Lawana	23 6:00 - 6:45 AM PILATES Marideth 12:00 - 12:45 PM CHISEL'D - Tony 6:00 - 7:00 PM FLOW YOGA Mary 7:00 - 8:00 PM CARDIO KICKBOX Greg	24 6:00 - 6:45 AM CHISEL'D - Cheryl 12:00 - 1:00 PM FLOW YOGA Dominique 6:00 - 7:00 PM CARDIO SCULPT Mike	25 6:30 - 7:15 AM PILATES - Lisa 5:30 - 6:30 PM PILATES ON THE BALL - Lisa	26 ONLY CYCLE CLASS TODAY Certification being held for instructors and trainers in the large group fitness room
27	28 9:30 - 10:30 AM PILATES - Marideth 5:30 - 6:30 PM BOSU BURN - Tara 6:30 - 7:30 PM CARDIO DRILL - Tim 7:30 - 8:30 PM NIA - Rachel	29 6:15 - 7:00 AM CHISEL'D - Abeni 12:00 - 12:45 PM PILATES - Lisa 6:00 - 7:00 PM BODY WORKS - Thach 7:00 - 8:00 PM ZUMBA - Lawana	30 6:00 - 6:45 AM PILATES Marideth 12:00 - 12:45 PM CHISEL'D - Tony 6:00 - 7:00 PM FLOW YOGA Matthew 7:00 - 8:00 PM CARDIO KICKBOX Greg	31 6:00 - 6:45 AM CHISEL'D - Cheryl 12:00 - 1:00 PM FLOW YOGA Dominique 6:00 - 7:00 PM CARDIO SCULPT Matt	1 AUGUST 6:30 - 7:15 AM PILATES - Lisa 5:30 - 6:30 PM PILATES ON THE BALL - Lisa	2 AUGUST ONLY CYCLE CLASS TODAY Certification being held for instructors and trainers in the large group fitness room

Group Fitness Coordinator Jenn Harrington email - jenn@seaboardfitness.com

** Indicates a new class.

\$ Indicates a fee-based on class

revised 6/30/08