



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 5:30 - 6:30 PM SPINergy Mark	2 6:15 - 7:00 AM SPINergy - Gaines 6:00 - 7:00 PM INTRO TO SPIN David	3 5:30-6:30 PM SPINergy - Melyssa	4 HAPPY INDEPENDENCE DAY! No Classes today Club open 7am-2pm	5 8:30-9:30 AM SPINergy Melyssa
6	7 6:00 - 6:45 AM SPINergy - Jenn 12:00 - 12:45 PM SPINergy Marlene 6:00 - 7:00 PM SPINergy Barry	8 5:30 - 6:30 PM SPINergy Mark	9 6:15 - 7:00 AM SPINergy - David	10 5:30-6:30 PM SPINergy - Melyssa	11 12:00-12:45 PM SPINergy - Tim	12 8:30-9:30 AM SPINergy Jenn
13	14 6:00 - 6:45 AM SPINergy - TBD 12:00 - 12:45 PM SPINergy - Tony 6:00 - 7:00 PM SPINergy Barry	15 5:30 - 6:30 PM SPINergy - Mark	16 6:15 - 7:00 AM SPINergy - Gaines 6:00 - 7:00 PM INTRO TO SPIN David	17 5:30-6:30 PM SPINergy - Melyssa	18 12:00-12:45 PM SPINergy - Tim	19 8:30-9:30 AM SPINergy Melyssa
20	21 6:00 - 6:45 AM SPINergy - Jenn 12:00 - 12:45 PM SPINergy - Tony 6:00 - 7:00 PM SPINergy Barry	22 5:30 - 6:30 PM SPINergy - Mark	23 6:15 - 7:00 AM SPINergy - David	24 5:30-6:30 PM SPINergy - Melyssa	25 12:00-12:45 PM SPINergy - Tim	26 8:30-9:30 AM SPINergy TBD
27	28 6:00 - 6:45 AM SPINergy - Kevin 12:00 - 12:45 PM SPINergy - Abeni 6:00 - 7:00 PM SPINergy Barry	29 5:30 - 6:30 PM SPINergy - Mark	30 6:15 - 7:00 AM SPINergy - David	31 5:30-6:30 PM SPINergy - Melyssa		

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

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revised 6/30/08