



seaboard

fitness & wellness

June

calendar 2008

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

T - free trial 30 minute class
\$ - fee-based 45 minute Kinesis Program (4 weeks)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	4 T-6:30-7:00 PM Melyssa \$7:15-8:00 PM Melyssa	5 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	6	7 T-11:30-12:00 PM Larisa \$12:15-1:00 PM Larisa
8	9	10 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	11 T-6:30-7:00 PM Melyssa \$7:15-8:00 PM Melyssa	12 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	13	14 T-11:30-12:00 PM Larisa \$12:15-1:00 PM Larisa
15	16	17 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	18 T-6:30-7:00 PM Melyssa \$7:15-8:00 PM Melyssa	19 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	20	21 T-11:30-12:00 PM Larisa \$12:15-1:00 PM Larisa
22	23	24 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	25 T-6:30-7:00 PM Melyssa \$7:15-8:00 PM Melyssa	26 T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	27	28 T-11:30-12:00 PM Larisa \$12:15-1:00 PM Larisa
29	30	T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake	T-6:30-7:00 PM Melyssa \$7:15-8:00 PM Melyssa	T-6:00-6:30 PM Jake \$6:45-7:30 PM Jake		T-11:30-12:00 PM Larisa \$12:15-1:00 PM Larisa

Questions on Kinesis Program? Contact front desk or email membership@seaboardfitness.com

** Indicates a new class.

\$ Indicates a fee-based on class

revised 5/27/08