

# naturespa

## July Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<p><b>Class \$12</b>  <b>Class 10/\$80</b>  <b>Monthly \$100</b>            Pool pass \$15            Gym Pass \$25</p>						<p><b>1</b>  <b>Fourth of July</b>  <b>Triathafun</b>            9am Yoga            10 Hike            11AquaFit            4pm yoga</p>
<p><b>2</b>            9a summit hike             5pm aquakick            530p gym class</p>	<p><b>3</b>            9a summit hike            9a yoga            1030a aquafit</p>	<p><b>4</b>            9a summit hike            9a gentle yoga</p>	<p><b>5</b>            9a summit hike            1030a aquafit             530 grateful yoga</p>	<p><b>6</b>            9a summit hike             430 yoga</p>	<p><b>7</b>            9a yoga            11a aquafit</p>	<p><b>8</b>            9a yoga             4pm yoga</p>
<p><b>9</b>            630a yoga/hike             5pm aquakick            530p gym class</p>	<p><b>10</b>            630a yoga/hike             1030a aquafit            6p yoga</p>	<p><b>11</b>            630a yoga/hike            9a gentle yoga             5pm aquakick            530 yoga</p>	<p><b>12</b>            630a yoga/hike            1030a aquafit             530 grateful yoga</p>	<p><b>13</b>            630a yoga/hike             430 yoga</p>	<p><b>14</b>            9a yoga            11a aquafit</p>	<p><b>15</b>            9a yoga             4pm yoga</p>
<p><b>16</b>            630a yoga/hike             5pm aquakick            530p gym class</p>	<p><b>17</b>            630a yoga/hike             1030a aquafit            6p yoga</p>	<p><b>18</b>            630a yoga/hike            9a gentle yoga             5pm aquakick            530 yoga</p>	<p><b>19</b>            630a yoga/hike            1030a aquafit             530 grateful yoga</p>	<p><b>20</b>            630a yoga/hike            10am yoga             430 yoga</p>	<p><b>21</b>            9a yoga            11a aquafit</p>	<p><b>22</b>            9a yoga             4pm yoga</p>
<p><b>23</b>            630a yoga/hike             5pm aquakick            530p gym class</p>	<p><b>24</b>            630a yoga/hike             1030a aquafit            6p yoga</p>	<p><b>25</b>            630a yoga/hike            9a gentle yoga             5pm aquakick            530 yoga</p>	<p><b>26</b>            1030a aquafit             530 grateful yoga</p>	<p><b>27</b>            630a yoga/hike            10am yoga             430 yoga</p>	<p><b>28</b>            9a yoga            11a aquafit</p>	<p><b>29</b>            9a yoga             4pm yoga</p>
<p><b>30</b>            630a yoga/hike             5pm aquakick            530p gym class</p>	<p><b>31</b>            630a yoga/hike             1030a aquafit            6p yoga</p>					