

# AEROBICS

JULY



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	
	<p>500 Garfield St. McMinnville, TN 37110                      Phone: 473-1212 Fax: 473-1214                      Email: <a href="mailto:www.mcminnparks@mcminnvilletenn.com">www.mcminnparks@mcminnvilletenn.com</a>                      Website: <a href="http://www.mcminnvilletenn.com">www.mcminnvilletenn.com</a></p>				1	2	3
		<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <h2 style="margin: 0;">JULY</h2> </div>			<p><b>NO AEROBICS CLASSES</b></p>	<p>8 a.m.                      Jiu Jitsu                      Robin Clark                      9:15 a.m.                      MSROM/                      Cardio Circuit                      Melanie Brock</p>	
4	5	6	7	8	9	10	
	<p><b>NO AEROBICS CLASSES! CIVIC CENTER CLOSED</b></p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6 p.m.                      Jiu Jitsu                      Robin Clark                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      9:15 a.m.                      MSROM/ Cardio Circuit                      Melanie Brock                      6:30 p.m.                      Boxing Fitness- Adults</p>	<p>5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>9:15 a.m.                      MSROM/                      Cardio Circuit                      Justin Scott</p>		
11	12	13	14	15	16	17	
<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      9:15 a.m.                      MSROM/ Cardio Circuit                      Melanie Brock                      5:30 p.m.                      Circuit Aerobics                      6:30 p.m.                      Boxing Fitness- Adults                      6:45 p.m.                      Body Sculpting                      Jileen McGregor</p>	<p>5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>9:15 a.m.                      MSROM/ Cardio Circuit                      Melanie Brock                      6 p.m.                      Jiu Jitsu                      Robin Clark                      6:30 p.m.                      Boxing Fitness- Adults</p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6 p.m.                      Jiu Jitsu                      Robin Clark                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      9:15 a.m.                      MSROM/                      Cardio Circuit                      Justin Scott</p>			
18	19	20	21	22	23	24	
<p>9:15 a.m.                      MSROM/ Cardio Circuit                      Melanie Brock                      5:30 p.m.                      Circuit Aerobics                      6 p.m.                      Jiu Jitsu                      Robin Clark                      6:30 p.m.                      Boxing Fitness- Adults                      6:45 p.m.                      Body Sculpting                      Jileen McGregor</p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6 p.m.                      Jiu Jitsu                      Robin Clark                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      9:15 a.m.                      MSROM/ Cardio Circuit                      Melanie Brock                      6:30 p.m.                      Boxing Fitness- Adults</p>	<p>5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>9:15 a.m.                      MSROM/                      Cardio Circuit                      Justin Scott</p>			
25	26	27	28	29	30	31	
<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      9:15 a.m.                      MSROM/ Cardio Circuit                      Melanie Brock                      5:30 p.m.                      Circuit Aerobics                      6:30 p.m.                      Boxing Fitness- Adults                      6:45 p.m.                      Body Sculpting                      Jileen McGregor</p>	<p>5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>9:15 a.m.                      MSROM/ Cardio Circuit                      Melanie Brock                      6:30 p.m.                      Boxing Fitness- Adults                      6 p.m.                      Jiu Jitsu                      Robin Clark</p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      5:30 p.m.                      Circuit Aerobics                      Melody Zahn                      6 p.m.                      Jiu Jitsu                      Robin Clark                      6:45 p.m.                      Zumba                      Lauren Prater</p>	<p>8:00 a.m.                      Jiu Jitsu                      Robin Clark                      9:15 a.m.                      MSROM/                      Cardio Circuit                      Justin Scott</p>			