

APRIL 2022

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 APRIL FOOLS' DAY
4 9:00 FAB & FIT	5	6 9:00 STEP	7 9:00 MOVING WITH WEIGHTS	8
11 9:00 FAB & FIT	12	13 9:00 STEP	14 TAX DAY 9:00 STABILITY BALL	15 GOOD FRIDAY PASSOVER
18 9:00 FAB & FIT	19	20 9:00 STEP	21 9:00 MOVING WITH WEIGHTS	22 EARTH DAY
25 9:00 FAB & FIT	26	27 9:00 STEP	28 9:00 STABILITY BALL	29

MAY 2022

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 FAB & FIT	3	4 9:00 STEP	5 9:00 MOVING WITH WEIGHTS	6
9 9:00 FAB & FIT	10	11 9:00 STEP	12 9:00 STABILITY BALL	13
16 9:00 FAB & FIT	17	18 9:00 STEP	19 9:00 MOVING WITH WEIGHTS	20
23 9:00 FAB & FIT	24	25 9:00 STEP	26 9:00 STABILITY BALL	27
30 MEMORIAL DAY 9:00 FAB & FIT	31			

JUNE 2022

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 STEP	2 9:00 MOVING WITH WEIGHTS	3
6 NO CLASS	7	8 NO CLASS	9 NO CLASS	10
13 9:00 FAB & FIT	14 FLAG DAY	15 9:00 STEP	16 9:00 MOVING WITH WEIGHTS	17
20 9:00 FAB & FIT	21 FIRST DAY OF SUMMER	22 9:00 STEP	23 9:00 STABILITY BALL	24
27 9:00 FAB & FIT	28	29 9:00 STEP	30 9:00 MOVING WITH WEIGHTS	

JULY 2022

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 INDEPENDENCE DAY 9:00 FAB & FIT	5	6 9:00 STEP	7 9:00 STABILITY BALL	8
11 9:00 FAB & FIT	12	13 9:00 STEP	14 9:00 MOVING WITH WEIGHTS	15
18 9:00 FAB & FIT	19	20 9:00 STEP	21 9:00 STABILITY BALL	22
25 9:00 FAB & FIT	26	27 9:00 STEP	28 9:00 MOVING WITH WEIGHTS	29