

JULY 2021

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 STABILITY BALL	2
5 9:00 FAB & FIT	6	7 9:00 STEP	8 9:00 MOVING WITH WEIGHTS	9
12 9:00 FAB & FIT	13	14 9:00 STEP	15 9:00 STABILITY BALL	16
19 9:00 FAB & FIT	20	21 9:00 STEP	22 9:00 MOVING WITH WEIGHTS	23
26 9:00 FAB & FIT	27	28 9:00 STEP	29 9:00 STABILITY BALL	30

AUGUST 2021

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 9:00 FAB & FIT	31			

SEPTEMBER 2021

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 STEP	2 9:00 MOVING WITH WEIGHTS	3
6 LABOR DAY 9:00 FAB & FIT	7 ROSH HASHANAH	8 9:00 STEP	9 9:00 STABILITY BALL	10
13 9:00 FAB & FIT	14	15 9:00 STEP	16 YOM KIPPUR 9:00 MOVING WITH WEIGHTS	17
20 9:00 FAB & FIT	21	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	