

**609-263-9023**

**ALL CLASSES JUST \$10 !**

**Surfside Fitness August 25- September 6 Class Schedule**

<b>Monday Aug 23</b>	<b>Tuesday Aug 24</b>	<b>Wednesday Aug 25</b>	<b>Thursday Aug 26</b>	<b>Friday Aug 27</b>	<b>Saturday Aug 28</b>	<b>Sunday Aug 29</b>
8am SIC Boot Camp	8 am SIC Boot Camp	8 am SIC Boot Camp	8 am SIC Boot Camp	8 am SIC Boot Camp	8 am SIC Boot Camp	9am TRX CIRCUIT
	8 am Avalon Boot Camp	9 am ZUMBA	8 am Avalon Boot Camp	8 am Avalon TRX	9am Pilates	10am ZUMBA
9 am Pilates	8:30 am BOSU Cardio		9:30 TRX CIRCUIT	9 am ZUMBA		
10am ZUMBA	9:30 am TRX CIRCUIT					
7pm Gentle Yoga						
<b>Monday Aug 30</b>	<b>Tuesday Aug 31</b>	<b>Wednesday Sept 1</b>	<b>Thursday Sept 2</b>	<b>Friday Sept 3</b>	<b>Saturday Sept 4</b>	<b>Sunday Sept 5</b>
8am SIC Boot Camp	8am SIC Boot Camp	8am SIC Boot Camp	8am SIC Boot Camp	8am SIC Boot Camp	8am SIC Boot Camp	9 am TRX CIRCUIT
9am Pilates	9:30 am TRX CIRCUIT	9am Zumba	9:30 am TRX CIRCUIT	8am Avalon TRX	9am Pilates	10 am ZUMBA
10am ZUMBA	10:30 am Gentle Yoga			9 am Zumba	10 am TRX CIRCUIT	
7pm Gentle Yoga				10 am Cardio Kickbox		
<b>Monday Sept 6</b>	<b>Tuesday Sept 7</b>					
9am SIC Boot Camp	9:30 am TRX CIRCUIT					
10 am ZUMBA	6pm ZUMBA					
7pm Gentle Yoga						

SEA ISLE BOOTCAMPS ARE HELD ON 45TH STREET BEACH  
 AVALON BOOTCAMPS ARE HELD ON 30TH STREET BEACH IN AVALON  
 AVALON TRX CLASSES ARE HELD ON 8TH STREET COURTS IN AVALON

\*FOR CLASSES ON SEPT 10TH AND AFTER PLEASE CALL AHEAD. NO CLASSES WILL BE HELD WITH LESS THAN 5 PEOPLE SIGNED UP\*

PLEASE NOTICE NEW CLASS TIMES AS WE END THE SEASON.