

LIFE Vision Schedule

July Class Schedule

Cameron Park Club, 3350 Coach Lane #530-677-6730

Hours: Monday-Thursday 7am-8pm, Friday 7am-6:30pm, Sat 8am-1pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM	Ultimate Cardio Ball (3)	BLT - Butt, Legs, Thighs (2)	Ultimate Cardio Ball (3)	BLT - Butt, Legs, Thighs (2)	Ultimate Cardio Ball (3)	
7:30AM	Low - n - Go (2)	Variety Pack Dance (1)	Low - n - Go (2)	Variety Pack Dance (1)	Low - n - Go (2)	
8:00AM	Burn & Tone (2)	Step Party (3)	Burn & Tone (2)	Step Party (3)	Burn & Tone (2)	Step Party (3)
8:30AM	Variety Pack Dance (1)	Cardio Ball Low (2)	Variety Pack Dance (1)	Cardio Ball Low (2)	Variety Pack Dance (1)	Ball & Mat Pilates (2)
9:00AM	Step Party (3)	Ball & Mat Pilates (2)	Step Party (3)	Ball & Mat Pilates (2)	Step Party (3)	Low - n - Go (2)
9:30AM	Cardio Ball Low (2)	Simple Stepping (1)	Cardio Ball Low (2)	Simple Stepping (1)	Cardio Ball Low (2)	Simple Stepping (1)
10:00AM	Discover Yoga (1)	Dance Tease (2.5)	Discover Yoga (1)	Dance Tease (2.5)	Discover Yoga (1)	Dance Tease (2.5)
10:30AM	Dance Tease (2.5)	Burn & Tone (2)	Dance Tease (2.5)	Burn & Tone (2)	Dance Tease (2.5)	Burn & Tone (2)
11:00	Steppin' Right Left (2)	Ultimate Cardio Ball (3)	Steppin' Right Left (2)	Ultimate Cardio Ball (3)	Steppin' Right Left (2)	Ultimate Cardio Ball (3)
11:30AM	Long & Lean (1)	Low - n - Go (2)	Long & Lean (1)	Low - n - Go (2)	Long & Lean (1)	Low - n - Go (2)
Noon	Ultimate Cardio Ball (3)	Variety Pack Dance (1)	Ultimate Cardio Ball (3)	Variety Pack Dance (1)	Ultimate Cardio Ball (3)	Variety Pack Dance (1)
12:30PM	Low - n - Go (2)	Discover Yoga (1)	Low - n - Go (2)	Discover Yoga (1)	Low - n - Go (2)	Discover Yoga (1)
1:00PM	Boot Camp	Step Party (3)	Variety Pack Dance (1)	Step Party (3)	Variety Pack Dance (1)	
1:30PM	Simple Stepping (1)	Cardio Ball Low (2)	Simple Stepping (1)	Cardio Ball Low (2)	Simple Stepping (1)	
2:00PM	Cardio Ball Low (2)	Simple Stepping (1)	Cardio Ball Low (2)	Simple Stepping (1)	Cardio Ball Low (2)	
2:30PM	Low - n - Go (2)	BLT - Butt, Legs, Thighs (2)	Low - n - Go (2)	BLT - Butt, Legs, Thighs (2)	Low - n - Go (2)	
3:00PM	Dance Tease (2.5)	Ultimate Cardio Ball (3)	Dance Tease (2.5)	Ultimate Cardio Ball (3)	Dance Tease (2.5)	
3:30PM	Ball & Mat Pilates (2)	Simple Stepping (1)	Ball & Mat Pilates (2)	Simple Stepping (1)	Ball & Mat Pilates (2)	
4:00PM	Cardio Ball Low (2)	Pilates Flow (2)	Cardio Ball Low (2)	Pilates Flow (2)	Cardio Ball Low (2)	
4:30PM	Step Party (3)	Dance Tease (2.5)	Step Party (3)	Dance Tease (2.5)	Step Party (3)	
5:00PM	Long & Lean (1)	Steppin' Right Left (2)	Long & Lean (1)	Steppin' Right Left (2)	Long & Lean (1)	
5:30PM	Simple Stepping (1)	Low - n - Go (2)	Simple Stepping (1)	Low - n - Go (2)	Simple Stepping (1)	
6:00PM	Low - n - Go (2)	Burn & Tone (2)	Boot Camp	Burn & Tone (2)	Low - n - Go (2)	
6:30PM	Ultimate Cardio Ball (3)	Group Personal Training*	Ultimate Cardio Ball (3)	Group Personal Training*		
7:00PM	Pilates Flow (2)	Simple Stepping (1)	Pilates Flow (2)	Simple Stepping (1)		
7:30PM	Dance Tease (2.5)	Ultimate Cardio Ball (3)	Dance Tease (2.5)	Ultimate Cardio Ball (3)		

(B) = Basic (1) = Beginning (2) = Intermediate (3) = Advanced
 Cardio Sculpting Mind/Body

*Group Personal Training - This class requires an additional fee - See club for details