

Butterfly Life

LIFE Vision Schedule

Month: July

13416 Bothell-Everett Hwy. #204 Mill Creek

phone: 425-357-0206

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30AM	Circuit Challenge	Core Challenge	Member's Choice	Yoga - Lower Body	American Band Dance	
7:00AM	Ball Boot Camp	On The Step	Yoga - Lower Body	Cardio Punch	Long & Lean	
7:30AM	Pilates on The Floor	Yoga Poses	Cardio Punch	Burn & Firm Pilates	***New*** Athletic Step	
8:00AM	Core Challenge	Ball Boot Camp	Burn & Firm Pilates	Long & Lean	Yoga Poses	Athletic Step
8:15AM						Circuit Challenge
8:30AM	On The Step	Pilates on The Floor	Long & Lean	***New*** Athletic Step	Ball Boot Camp	Pilates on The Floor
9:00AM	PT Boot Camp Sneak Peek July 7th & 28th	Core Challenge	***New*** Athletic Step	Yoga - Lower Body	American Band Dance	ZUMBA
9:15AM						
9:30AM	Ball Boot Camp	On The Step	Yoga - Lower Body	Cardio Punch	Long & Lean	
10:00AM	Pilates on The Floor	Yoga Poses	Cardio Punch	Burn & Firm Pilates	***New*** Athletic Step	Burn & Firm Pilates
10:30AM	Core Challenge	Ball Boot Camp	Burn & Firm Pilates	Long & Lean	Yoga Poses	Ball Boot Camp
11:00AM	On The Step	Pilates on The Floor	Long & Lean	***New*** Athletic Step	Ball Boot Camp	American Band Dance
11:30AM	Long & Lean	Core Challenge	***New*** Athletic Step	Yoga - Lower Body	American Band Dance	***New*** Athletic Step
12:00PM	Ball Boot Camp	On The Step	Yoga - Lower Body	Cardio Punch	Long & Lean	
12:30PM	Pilates on The Floor	Yoga Poses	Cardio Punch	Burn & Firm Pilates	***New*** Athletic Step	
1:00PM	Core Challenge	Ball Boot Camp	Burn & Firm Pilates	Long & Lean	Yoga Poses	
1:30PM	On The Step	Pilates on The Floor	Long & Lean	***New*** Athletic Step	Ball Boot Camp	
2:00PM	Long & Lean	Core Challenge	***New*** Athletic Step	Yoga - Lower Body	American Band Dance	
2:30PM	Ball Boot Camp	On The Step	Yoga - Lower Body	Cardio Punch	Long & Lean	
3:00PM	Pilates on The Floor	Yoga Poses	Cardio Punch	Burn & Firm Pilates	***New*** Athletic Step	
3:30PM	Core Challenge	Ball Boot Camp	Burn & Firm Pilates	Long & Lean	Yoga Poses	
4:00PM	On The Step	Pilates on The Floor	Long & Lean	***New*** Athletic Step	Ball Boot Camp	
4:30PM	Long & Lean	Core Challenge	***New*** Athletic Step	Yoga - Lower Body	American Band Dance	
5:00PM	Ball Boot Camp	On The Step	Yoga - Lower Body	Cardio Punch	Long & Lean	
5:15PM	Circuit Challenge					
5:30PM		Yoga Poses	Member's Choice	Burn & Firm Pilates	***New*** Athletic Step	
5:45PM	Pilates on The Floor					
6:00PM	PT Boot Camp Sneak Peek July 7th & 28th	Ball Boot Camp	Burn & Firm Pilates	Long & Lean	Yoga Poses	
6:30PM	On The Step	Pilates on The Floor	Long & Lean	***New*** Athletic Step	Ball Boot Camp	
7:00PM	Long & Lean	Core Challenge	***New*** Athletic Step	Yoga - Lower Body		
7:30PM	Ball Boot Camp	On The Step	Yoga - Lower Body	Cardio Punch		

FEATURED CLASSES THIS MONTH

Cardio

On The Step
American Band Dance
Ball Boot Camp
Cardio Punch
New Athletic Step

Sculpting

Long and Lean
Burn & Firm Pilates
Core Challenge

Mind/Body

Pilates On The Floor
Yoga Poses
Yoga - Lower Body

COLOR KEY CHART

Beginning
Beginning
Beginning
Advanced
Advanced
Advanced

Reminder:
We will be closed on July 4th in Observance of Independence Day

Please Note Our Circuit Boot Camp has been renamed Circuit Challenge.

Member's Choice Group Class on Wednesday will be decided by the Circuit Challenge participants on Monday. Please remember that the Group Personal Training Boot Camp (PT Boot Camp) Sneak Peek is FREE but does require pre-registration. If you would like to register please call the club at 425-357-0206 or check for availability at the desk the next time you are in. There is limited space for the Sneak Peeks and they are filling up fast! If you have registered and are unable to make it please call and let us know so we can open the space for someone on the wait list.

Thank you! Nicci