



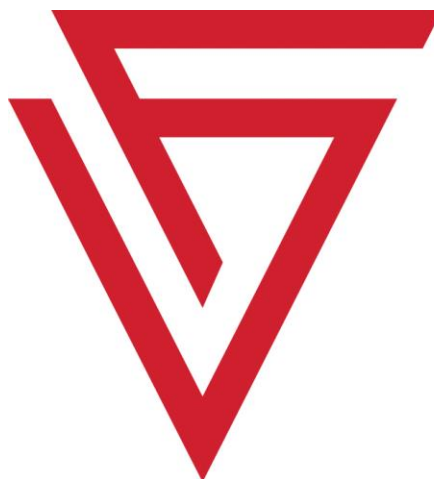
# FORRESTAL VILLAGE FITNESS MONTH AT A GLANCE

## August 2016



**Join our Shake/Juice  
Frequent Buyer Club – Buy  
10 get 11<sup>th</sup> FREE**

	1	2 Fusion Fitness Insanity 5:05AM – 5:55AM	3	4	5	6
7	8 Shaketacular Monday \$4 	9 Fusion Fitness Insanity 5:05AM – 5:55AM	10	11 Body Weight Challenge Studio 1 9:30AM – 10:30AM	12	13
14	15	16 Fusion Fitness Insanity 5:05AM – 5:55AM Woodstock Commemorative Ride 9:30AM – 10:30AM	17 Shaketacular Wednesday \$4 	18 Bollywood Meets Belly Dancing 7:30PM – 8:30PM	19	20
21	22	23 Fusion Fitness Insanity 5:05AM – 5:55AM	24 Shaketacular Wednesday \$4 	25	26	27 Shaketacular Saturday \$4 
28	29 Shaketacular Monday \$4 	30	31			



FORRESTAL VILLAGE  
FITNESS