



# Sunshine's

FITNESS STUDIO & WELLNESS CENTER

**Monday** 6:00 Am Boxing & Barbells  
6:00 Pm STRONG

**Tuesday** 6:00 Am Buts,Guts &Guns  
5:30 Pm Barre

**Wednesday** 6:00 Pm STRONG

**Thursday** 6:00 Am Resistance Band  
11:15 Am Senior Strength  
5:30 Pm Resistance Band  
6:45 Pm Boxing & Barbells

**Friday** 6:00 Am Group Lift

**Saturday** 7:00 Am Barre  
8:30 Am STRONG

**Week of July 26-31 Only**