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SHORELINE FITNESS ACADEMY

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FREE CHILDCARE

JULY 2025

Check out our fitness page!

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 **9:30am:** Sculpt & Tone Emily **6:00pm:** Flexibility Flow Kira	3	4	5
6	7 **9:30am:** Flexibility Flow Kira	8	9 **9:30am:** Ballet Cardio Fusion - Cathy **6:00pm:** Flexibility Flow Kira	10 **6:30pm:** Sculpt & Tone Emily	11	12
13	14	15	16 **6:00pm**: Broadway Sweat & Strut - Erin	17	18	19
20	21 **9:30am:** Flexibility Flow Kira	22	23 **9:30am:** Sculpt & Tone Emily **6:00pm**: Broadway Sweat & Strut - Erin	24 **6:30pm:** Sculpt & Tone Emily	25	26
27	28 **9:30am:** Flexibility Flow Kira	29	30 **9:30am:** Sculpt & Tone Emily **6:00pm**: Broadway Sweat & Strut - Erin	31		