

Date	Time	Class	Location	Instructor
Sunday, June 22	9am	Beach Yoga	Fairport Beach	Amy
Tuesday, June 24	7am	HIIT-Strength & Cardio	Chagrin River Park	Lisa
Friday, June 27	8am	Stride & Strength	Green Way Corridor	Katie
HOLIDAY-Friday, July 4th	8:30am	Beach Bootcamp	Fairport Beach	Katie & Lisa
Sunday, July 13	9am	Beach Yoga	Fairport Beach	Amy
Wednesday, July 16	9am	HIIT & Hills	Chagrin River Park	Lisa
Friday, July 18	9am	Strength & Cardio	Beaty Landing	Katie
Sunday, July 27	9am	Beach Yoga	Fairport Beach	Amy
Thursday, July 31	5:45pm	PaddleBoard/Kayak	Fairport Beach	Lisa
Thursday, July 31	7pm	Beach Yoga	Fairport Beach	Amy
Sunday, August 10	9am	Beach Yoga	Fairport Beach	Amy
Thursday, August 14	5:45pm	PaddleBoard/Kayak	Fairport Beach	Lisa
Friday, August 15	8am	Strength & Cardio	Painesville Twp. Park	Katie
Sunday, August 24	9am	Yoga	Fairport Beach	Amy
Thursday, August 28	5:45pm	PaddleBoard/Kayak	Fairport Beach	Lisa
Thursday, August 28	7pm	Yoga	Fairport Beach	Amy
HOLIDAY-Monday, September 1	8:30am	Beach Bootcamp	Fairport Beach	Katie & Lisa