






LIFT (Living In Faith Together)
 Men's Bible Study + Lift
 Saturdays @ 9:30AM
 Legacy Armory (Study
 9:30am)
 Fox (Lift)
 EVERY SATURDAY



FOX FITNESS

JULY



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:15AM	PILATES	LES MILLS GRIT CARDIO VIRTUAL	PILATES	LES MILLS GRIT ATHLETIC VIRTUAL	LES MILLS PUMP CORE VIRTUAL	July 4 th , 18 th , 25 th 9:30AM 	LES MILLS BODYCOMBAT VIRTUAL
09:30AM	CIRCUIT	PILATES		PILATES			LES MILLS BODYPUMP VIRTUAL
12:15PM	LES MILLS GRIT STRENGTH VIRTUAL		LES MILLS GRIT CARDIO VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL
04:30PM		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL		July 11 th 	LES MILLS BODYPUMP VIRTUAL
05:30PM	LES MILLS GRIT	LES MILLS BODYPUMP	PILATES	LES MILLS BODYPUMP			
06:30PM	BYOB	 ZUMBA	BYOB	LES MILLS GRIT			

- **CIRCUIT - 1HR FULL BODY**
- **BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY**
- **CORE - 30 MIN**
- **PILATES - 1HR FOCUS ON CORE, STRENGTH FLEXIBILITY**
- **GRIT - 30 MIN HIIT**
- **BODY PUMP - 45 MIN OR 1 HR FULL BODY**
- **ZUMBA - 1HR DANCE CARDIO**
- **LIFT - MEN'S BIBLE STUDY/LIFT SESSION**

COMMUNITY **FOX FITNESS** CELEBRATION

10 YEAR ANNIVERSARY

FREE COMMUNITY RUN



VENDORS, FREE GROUP CLASSES, COMMUNITY RUN, FACE PAINTING, KIDS JUMPER, AND MORE!!

JULY 11TH LAWNDALE PARK

FREE EVENT, ALL AGES WELCOME WITH SUPERVISION. BRING YOUR OWN MAT



1 | 2 | 3 MILE OPTIONS

7:00AM	SIGN IN RUN
9:00AM	PILATES
9:45AM	BODYPUMP
10:30AM	GRIT
11:15AM	ZUMBA



TO BE A VENDOR
SCAN OUR QR CODE TO SIGN UP!

✉ INFO@FOXFITNESSGYM.COM | FOXFITNESSGYM.COM