

# Nastics Fitness Summer Schedule



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 Church

 Rec

 Church

 Rec

 Church

7:30-8:30am

6:00-7:00pm

7:30-8:30am

6:00-7:00pm

7:30-8:30am

Sunrise Sculpt &  
Tone Pilates

*Lets HIIT it!*

*Morning  
Mobility  
Yoga*

*Weight on it!  
Calisthenics*

*Dawn's  
Powerhouse Boot  
Camp*

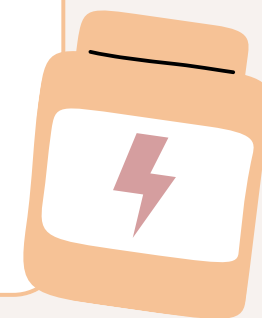
Coach Jan

Coach Jan

Coach Jan

Coach Jan

Coach Jan



 Church Gym:

124 Cotton St. Phila, PA 19127

 Rec Gym:

5822 Ridge Ave. Phila, PA 19128