







AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>www.UPMAFC.com 407-826-1994</p>	<h1 style="color: purple;">NO</h1> <h2 style="color: purple;">JOINING FEES</h2>	<p>1</p> <p>INSANITY 7:00 AM - 8:00 AM HIP HOP DANCE 6:00 PM - 7:00 PM</p>	<p>2</p> <p>INSANITY 7:00 PM – 8:00 PM</p>	<p>3</p> <p>INSANITY 7:00 AM to 8:00 AM KICKBOXING 7:00 PM – 8:00 PM INSANITY 7:30 PM – 8:30 PM</p>	<p>TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.</p>	<p>5</p> <p>INSANITY 10 AM to 11 AM</p>
<p>KICKBOXING</p> 	<p>7</p> <p>INSANITY 7:00 PM - 8 PM</p>	<p>8</p> <p>INSANITY 7:00 AM - 8:00 AM HIP HOP DANCE 6:00 PM - 7:00 PM</p>	<p>9</p> <p>INSANITY 7:00 PM – 8:00 PM</p>	<p>10</p> <p>INSANITY 7:00 AM to 8:00 AM KICKBOXING 7:00 PM – 8:00 PM INSANITY 7:30 PM – 8:30 PM</p>	<p>3 MONTHS FROM NOW, YOU WILL THANK YOURSELF.</p>	<p>12</p> <p>INSANITY 10 AM to 11 AM</p>
<p>FIND OUT WHAT YOU ARE MADE OF</p> 	<p>14</p> <p>INSANITY 7:00 PM - 8 PM</p>	<p>15</p> <p>HIP HOP DANCE 6:00 PM - 7:00 PM</p>	<p>16</p> <p>INSANITY 7:00 PM – 8:00 PM</p>	<p>17</p> <p>KICKBOXING 7:00 PM – 8:00 PM INSANITY 7:30 PM – 8:30 PM</p>		<p>19</p> <p>INSANITY 10 AM to 11 AM</p>
<p>HIP HOP DANCE</p> 	<p>21</p> <p>INSANITY 7:00 PM - 8 PM</p>	<p>22</p> <p>HIP HOP DANCE 6:00 PM - 7:00 PM</p>	<p>23</p> <p>ZUMBA TONING 6:45 PM – 7:45 PM INSANITY 7:00 PM – 8:00 PM</p>	<p>24</p> <p>KICKBOXING 7:00 PM – 8:00 PM INSANITY 7:30 PM – 8:30 PM</p>	<p>DON'T WISH FOR A GOOD BODY, WORK FOR IT.</p>	<p>26</p> <p>INSANITY 10 AM to 11 AM</p>
	<p>28</p> <p>ZUMBA FITNESS 6:45 PM - 7:45 PM INSANITY 7-8 PM</p>	<p>29</p> <p>HIP HOP DANCE 6:00 PM - 7:00 PM</p>	<p>30</p> <p>ZUMBA TONING 6:45 PM – 7:45 PM INSANITY 7:00 PM – 8:00 PM</p>	<p>31</p> <p>KICKBOXING 7:00 PM – 8:00 PM INSANITY 7:30 PM – 8:30 PM</p>	<p>IF YOU STILL LOOK CUTE AT THE END OF YOUR WORKOUT YOU DIDN'T... TRAIN HARD ENOUGH</p>	<p>2</p> <p>INSANITY 10 AM to 11 AM</p>