

Fitness Class Schedule

Viaggio Spa & Health Club

Join Our Two Day
CHI RUNNING RETREAT
July 31 & Aug 1
Learn to Run Effortlessly!

Spa Discounts Included

UP-COMING RETREATS

SEPT 11-13: HIKING
NOV: SPA GETAWAY
JAN: SNOW SHOENING

YOGA CONTINUES !
5 PM
Mondays

90 Loon Mountain Rd
Lincoln, NH 03251
Phone: 603-745-2244 X5280
Or 800-229-7829
Website:
www.mtnclub.com
See our calendar

July 2010

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><i>Relax, Enjoy, Get Spoiled!</i> 745-2244 x5280 <i>An Oasis Of Renewal</i> See our Spa Menu Online, www.mtnclub.com</p>			<p>OPEN WATER SWIMCLINIC 1—3 PM MIRROR LAKE July 3 Cost: \$30 Sign up for Chi Running Retreat \$225</p>	<p>1 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates</p>	<p>2 HOLIDAY WEEKEND 9 AM Aqua Fit 6:30 PM WWWW</p>	<p>3 Open Water Swim Clinic Franconia Scramble 10K</p>
<p>4 July 4th Fireworks! Trail Race Up Loon Mtn</p>	<p>5 NO 5 PM Yoga 5:30 PM Spin</p>	<p>6 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates 5PM WOW 6:30PM WWWW</p>	<p>7 <u>6:30-8AM Tri -Club</u> 8 AM WOW 9AM Aqua Fit 5:30 PM Spin 5:30 PM Pilates 6:15 Masters</p>	<p>8 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates</p>	<p>9 9 AM Aqua Fit 6:30 PM WWWW</p>	<p>10</p>
<p>11</p>	<p>12 5 PM Yoga 5:30 PM Spin</p>	<p>13 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates 5PM WOW 6:30PM WWWW</p>	<p>14 <u>6:30-8AM Tri -Club</u> 8 AM WOW 9AM Aqua Fit NO 5:30 PM Spin 5:30 PM Pilates 6:15 Masters</p>	<p>15 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates</p>	<p>16 9 AM Aqua Fit 6:30 PM WWWW</p>	<p>17</p>
<p>18</p>	<p>19 NO 5 PM Yoga 5:30 PM Spin</p>	<p>20 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates 5PM WOW 6:30PM WWWW</p>	<p>21 <u>6:30-8AM Tri -Club</u> 8 AM WOW 9AM Aqua Fit 5:30 PM Spin 5:30 PM Pilates 6:15 Masters</p>	<p>22 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates</p>	<p>23 9 AM Aqua Fit 6:30 PM WWWW</p>	<p>24</p>
<p>25</p>	<p>26 5 PM Yoga 5:30 PM Spin</p>	<p>27 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates 5PM WOW 6:30PM WWWW</p>	<p>28 <u>6:30-8AM Tri -Club</u> 8 AM WOW 9AM Aqua Fit 5:30 PM Spin 5:30 PM Pilates 6:15 Masters</p>	<p>29 7AM Tri Swim 8AM Beg Ad Swim 9:15AM Pilates</p>	<p>30 9AM Aqua Fit 6:30 PM WWWW SIGN UP CHI RUNNING RETREAT</p>	<p>31 CHI RUNNING RETREAT</p>