

JULY 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **No Classes on July 4th and no evening classes on July 5th**	2 ESTEP PPC Bla O'Clock River 8a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Day 10:30a	3 ESTEP PPC Total Pump 8H 8:30a SHAW PPC Every Cyle 8p BALDONADO POOL Living Processes... 10a ESTEP PPC Total Pump 8H 10:30a No Class Zumba! Today	4 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	5 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	6 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	7 SHAW PPC Every Cyle 10a BALDONADO POOL Living SLIDES... 10a
8	9 ESTEP PPC Bla O'Clock River 8a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 10:30a	10 SHAW PPC Every Cyle 8p BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10:30a	11 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	12 SHAW PPC Every Cyle 8p ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10:30a	13 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living SLIDES... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	14 SHAW PPC Every Cyle 8:30a BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10a
15	16 ESTEP PPC Bla O'Clock River 8a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 10:30a	17 SHAW PPC Every Cyle 8p BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10:30a	18 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 8p CLARKVILLE BASE PPC Total Pump 10:30a	19 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	20 SHAW PPC Every Cyle 8p ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10:30a	21 SHAW PPC Every Cyle 8:30a BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10a
22	23 ESTEP PPC Bla O'Clock River 8a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 10:30a	24 SHAW PPC Every Cyle 8p BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10:30a	25 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	26 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living SLIDES... 10a ESTEP PPC Every Cyle 8p ESTEP PPC Total Pump 8H 10:30a	27 ESTEP PPC Bla O'Clock River 8a ESTEP PPC Total Pump 8H 8:30a BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10:30a	28 OLIVE PPC ECO Connection 10:30a BALDONADO POOL Living SLIDES... 10a ESTEP PPC Total Pump 8H 10:30a SHAW PPC Total Pump 8H 10a
29	30 ESTEP PPC Bla O'Clock River 8a BALDONADO POOL Living Processes... 10a ESTEP PPC Every Cyle 10:30a	31 SHAW PPC Every Cyle 8p BALDONADO POOL Living SLIDES... 10a SHAW PPC Total Pump 8H 10:30a				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EVENING CLASS AT BALDONADO POOL START MONDAY AUG. 6, 2018					
5	6 ESTEP PPC Bra O/C hair 10 BALDONADO POOL Ling Piscina 100m ESTEP PPC Swim Cap 100m INTRAHOUR SPORTS IN 2nd Floor Training Barts in Blue Competition	7 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m SHAW PPC Tone Up 100m	8 ESTEP PPC Bra O/C hair 10 BALDONADO POOL Ling Piscina 100m ESTEP PPC Swim Cap 100m CLANVILLE BARS PPC Braids in Blue Competition	9 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m ESTEP PPC Tone Up 100m	10 ESTEP PPC Dinner 100m BALDONADO POOL Bra Tint Boxes 100m ESTEP PPC Swim Cap 100m	11 BALDONADO POOL Aqua 100m SHAW PPC Swim Cap 100m
12	13 ESTEP PPC Bra O/C hair 10 BALDONADO POOL Ling Piscina 100m ESTEP PPC Swim Cap 100m SHAW PPC Swim Cap 100m	14 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m SHAW PPC Tone Up 100m	15 ESTEP PPC Bra O/C hair 10 BALDONADO POOL Ling Piscina 100m ESTEP PPC Swim Cap 100m ESTEP PPC Coke 100m ESTEP PPC Total Pump 100m PRATTFELD WFC PPC Braids in Blue Competition	16 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m ESTEP PPC Tone Up 100m	17 ESTEP PPC Dinner 100m BALDONADO POOL Bra Tint Boxes 100m ESTEP PPC Swim Cap 100m	18 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m SHAW PPC
19	20 ESTEP PPC Bra O/C hair 10 ESTEP PPC Swim Cap 100m No Living Fitness or Evening Classes Today	21 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m SHAW PPC Tone Up 100m	22 ESTEP PPC Bra O/C hair 10 BALDONADO POOL Ling Piscina 100m ESTEP PPC Swim Cap 100m ESTEP PPC Dinner 100m	23 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m ESTEP PPC Tone Up 100m	24 ESTEP PPC Dinner 100m BALDONADO POOL Bra Tint Boxes 100m ESTEP PPC Swim Cap 100m	25 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m SHAW PPC Swim Cap 100m DOLAN POOL Candy Cris 100m
26	27 ESTEP PPC Bra O/C hair 10 BALDONADO POOL Ling Piscina 100m ESTEP PPC Swim Cap 100m SHAW PPC Swim Cap 100m	28 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m SHAW PPC Tone Up 100m	29 ESTEP PPC Bra O/C hair 10 BALDONADO POOL Ling Piscina 100m ESTEP PPC Swim Cap 100m ESTEP PPC Dinner 100m	30 SHAW PPC Dinner 100m BALDONADO POOL Aqua 100m ESTEP PPC Tone Up 100m	31 ESTEP PPC Dinner 100m BALDONADO POOL Bra Tint Boxes 100m ESTEP PPC Swim Cap 100m	ESTEP PPC Full ECR Registration Deadline
	GERTECH PPC Dinner 100m Challenge 100m					

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						1 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a SHAW PPC 10a
2	3 No Classes Today	4 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am SHAW PPC Tues 10am	5 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am SHAW PPC Tues 10am ESTEP PPC 10:30a ESTEP PPC 10:30a	6 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC 10:30a SHAW PPC Tues 10am ESTEP PPC 10:30a	7 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC 10:30a SHAW PPC Tues 10am ESTEP PPC 10:30a	8 ESTEP & THE PALLADI Tues 10am SHAW PPC 10:30a SHAW PPC 10a BALDONADO POOL Aqua Spin 10a
9	10 ESTEP PPC Kiss 10am 10 BALDONADO POOL Kiss 10am ESTEP PPC Tues 10am ESTEP PPC Tues 10am SHAW PPC Tues 10am ESTEP PPC Tues 10am	11 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am SHAW PPC Tues 10am	12 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am ESTEP PPC 10:30a CLARKSVILLE BASE PPC Spartan Spin Competition 10:30am	13 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC 10:30a SHAW PPC Tues 10am ESTEP PPC 10:30a LOCA DA PPC 10:30am ESTEP PPC 10:30am	14 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC 10:30a SHAW PPC Tues 10am ESTEP PPC 10:30a	15 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a SHAW PPC 10a
16	17 ESTEP PPC Kiss 10am 10 BALDONADO POOL Kiss 10am ESTEP PPC Tues 10am ESTEP PPC Tues 10am SHAW PPC Tues 10am ESTEP & THE PALLADI Tues 10am Shots on the Field 10am	18 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am SHAW PPC Tues 10am	19 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am ESTEP PPC 10:30a ESTEP PPC 10:30a	20 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am ESTEP PPC 10:30a SHAW PPC Tues 10am	21 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC 10:30a SHAW PPC Tues 10am	22 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a SHAW PPC 10a
23	24 ESTEP PPC Kiss 10am 10 BALDONADO POOL Kiss 10am ESTEP PPC Tues 10am ESTEP PPC Tues 10am SHAW PPC Tues 10am	25 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am SHAW PPC Tues 10am	26 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC Tues 10am ESTEP PPC 10:30a ESTEP PPC 10:30a SHAW PPC 10:30am 1000 Cal Competition 10:30-11:30a	27 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC 10:30a SHAW PPC Tues 10am	28 ESTEP PPC 10:30a BALDONADO POOL Aqua Spin 10:30a ESTEP PPC 10:30a SHAW PPC Tues 10am	29 SHAW PPC 10:30a BALDONADO POOL Aqua Spin 10:30a SHAW PPC 10a
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JULY 2018

BN Basketball Tournament
Mon-Thur/approx. 2 weeks

Treadmill Race
Each participant has 5 minutes to run the furthest distance.

Open Kickball Season
Mon-Thur/6 weeks

600 Pounds Competition

An individual competition where participants will compete in these lifts: powerlift, deadlift, squat and bench press. Whoever is able to lift a 600lbs aggregate, will be listed in the 600 pound club and receive recognition at the event.

Aquatics Classes

Aqua Living Fitness
Beginner to Intermediate. This class focuses on exercises that are pertinent to daily living, balance, strength, endurance and flexibility. We put the FUN in functional. This is an "arthritis friendly" class. Shallow water.

Kick Your Booty Boot Camp Style
This is a boot camp style class. Very energetic and worthy of the name. This is not your grandma's aerobics class. Must be comfortable in all depths of water.

Aqua GLIDE
Bring the party to the pool. This class utilizes the GlideFit floating fitness system. It will challenge every muscle, improve strength and endurance. Aquatic based stability training at its finest.

Aqua JUMP
Yes, we have trampolines in the water! Cardio training just got a whole lot more fun.

Aqua Spin
Although spinning is a group fitness class, your workout is all about you. You control your own resistance level, sprint speed AND you stay cool in the pool.

AUGUST 2018

BN Softball Tournament
Mon-Thur/ approx. 2 weeks

Bench Press Competition
Each person will have 2 minutes to do as many reps as they can. Males will use 135lbs and females will use 55lbs. Highest number of reps wins.

Concept 2 Rower
This is a distance challenge with 3 rounds of elimination.

Dumbbell Rep Challenge
The goal of this challenge is to do 100 reps in one set.

Fear of the Beast
In this competition for individuals you will do the following: 1 set-row, 2 sets-35 deadlifts, 3 sets 50 burpees, 4 sets 35 gobble squats, 5 sets 50 mountain climbers, 6 sets 10 swing toes, 7 sets 50 jump squat.

Alpha Warrior Rig Training Camp

Every Wednesday

August 15-September 5, 2018
In this free camp, participants will learn different obstacles and techniques in this training course. Complete the entire camp and get the chance to be Fort Campbell Alpha Warrior with a T-shirt and medal.

Doggy Dip

Saturday, August 25, 2018
A fun season ending pool party for dogs, including best dressed, cutest and biggest splash.
\$5.00 per dog, FREE for humans.

SAVE THE DATE!

Volksmarch

Saturday, October 6, 2018

Super Hero 5K/1mile

Saturday, November 17, 2018

SEPTEMBER 2018

Fall BCX

Wednesday September 5 thru

Friday, October 6, 2018

Estep's BCX program is an intense mix of three major fitness fundamentals: cardio, strength and agility. They have created insane track workouts, crazy circuits and more. Build camaraderie by pushing yourself to the max with others in the group!

Flag Football Season

Mon-Thur/6 weeks

Run for the Fallen

A 2.35 and 1.3 mile non-competitive run to honor our Fallen at Town Center Park. The run will take you past several memorials and highlight the 2018 Boot Display. Strollers are welcomed, but no pets at this event.

3 Point Shot Basketball

Individual participants will have one minute to see who can make the most 3 point shots from any of the three points along the arch.

Upright Bike

Each participant will have 10 minutes to ride the furthest distance.

1000 Pounds Competition

An individual competition where participants will compete in these lifts: powerlift, deadlift, squat and bench press. Whoever is able to lift a 1000lbs aggregate, will be listed in the 1000 pound club and receive recognition at the event.

BN Soccer Tournament

Mon-Thur/ approx 2 weeks

Alpha Warrior Rig Training Camp

Every Monday

September 10-October 1, 2018

See August for event details.

270.798.5350

Noon-6p Daily

21915 Creameating Eagle Blvd
Baldonado Pool

270.798.3094/956.1006

North Complex

3303 Kentucky Ave

270.798.3094/956.1006
5666 Wickham Ave

Fryar Stadium/Perez Field

270.798.5380

Sun 8a-4p

M-F 5a-9p

Sat Closed

Sun 8a-4p

M-F 5a-9p

Sat 8a-4p

M-F 5a-9p

Sat 8a-4p

M-F 5a-9p

Sat & Sun Closed

270.412.5285

M-F 5a-5p

Sat & Sun Closed

270.798.4023/4664

Sat Closed

Sun 8a-4p

M-F 5a-9p

Sat & Sun Closed

270.798.2753

Sat 8a-4p

M-F 5a-9p

Sat Closed

Sun 8a-4p

M-F 5a-9p

Sat & Sun Closed

270.798.4023/4664

Sat Closed

Sun 8a-4p

M-F 5a-9p

Sat & Sun Closed

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M-F 5a-9p

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Sat Closed

Sun 8a-4p

M-F 5a-9p

Sat & Sun Closed

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