



MOSSA Quarterly Launches

Group Fitness July Launch Dates:

\$5 for events for non Spiece Fitness participants

4th of July Ride	Saturday, July 3	7:05 am
4th of July Ride	Sunday, July 4	8:15 am
Blast	Thursday, July 15	5:30 pm
Rock N Roll Ride	Tuesday, July 13	6:15 am
Group Fight	Monday, July 19	6:30 pm
Group Active	Friday, July 23	9:00 am
Group Centergy	Tuesday, July 27	9:15 am
Group Power	Friday, July 30	5:30 pm
Group Core	Friday, July 30	6:30 pm
R/W/B Zumba	Friday, July 30	7:00 pm