

# JUNE 2019



## SUMMER JUNE BLAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 5:15 – 6:00pm Tone Up Tuesday	5 5:15 – 6:00pm Amber's Mixer	6	7	8
9	10	11 5:15 – 6:00pm Tone Up Tuesday	12 5:15 – 6:00pm Amber's Mixer	13	14	15
16	17	18 5:15 – 6:00pm Tone Up Tuesday	19 5:15 – 6:00pm Amber's Mixer	20	21	22
23	24	25 5:15 – 6:00pm Tone Up Tuesday	26 5:15 – 6:00pm Amber's Mixer	27	28	29

**Unlimited Pass \$40.00**  
**Drop in Pass \$8.00**

**Tone up Tuesdays with Eden:** Strengthen and Tone your best assets!

**Amber's Mixer with Amber:** Cardio Kickboxing and Dance

Register: [www.duluthplayhouse.org/adult-education](http://www.duluthplayhouse.org/adult-education)

## MIXER BLAST BINGO

Take a post Mixer selfie and share it on the Mixer Facebook page	Wear weights for an entire class!	Attend One class of Nicole's Butts and Guts	Share something about your fitness goals on the mixer Facebook page	Attend every day of Max out Mixer 1/7, 1/14, 1/21, 1/28
Make it through abs at the end of class!	Attend One Class of Amber's Cardio Mixer	Make it through Butt Marathon!	Post that you are attending class one day on Facebook	Attend 4 classes in one week!
Attend every day of Butts and Guts 1/8, 1/15, 1/22, 1/29	Make it through the "Girlfriend" Cardio song in Mixer!	<b>FREE SPACE</b>	Kick Ass at the "Burpee Song" in Amber's Mixer!	Attend One class of Amber's Max Out Mixer
Re-Share a Mixer post from the Mixer page on Facebook	Bring a friend to Class	Attend One Class of Amber's Cardio Mixer	Attend One class of Nicole's Broadway Burn classes	Attend every day of Amber's Mixer 1/9, 1/16, 1/23, 1/30
Attend One class of Amber's Max Out Mixer	Attend One class of Nicole's Broadway Burn Classes	Make it through the entire "plank song" in any of the classes!	Take a post-Mixer selfie and share it on the Mixer Facebook page	Attend every day of Broadway Burn 1/10, 1/17, 1/24, 1/31

**NAME:**

Achieve a Bingo and be entered into a drawing for a \$15.00 gift card to Corktown Deli!

Everyone who achieves a Bingo will also receive a prize!

**BLACKOUT!** Be entered into a drawing for a \$50.00 gift card to Frost River!