



GROUP EXERCISE SCHEDULE

July 1 – July 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat™ Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat™ Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	
	8:30-9:30am Water Walking	6:00-7:00am Cycling + Arms w/Mary Lee	8:30-9:30am Water Walking	6:00-7:00am Cycling + Arms w/Mary Lee	
8:00-8:45am & 8:45-9:30am AquaZumba® w/Laurie	8:30-9:30am Zumba Gold® w/Laurie	8:00-8:45am & 8:45-9:30am AquaZumba® w/Laurie	8:30-9:30am Zumba Gold® w/Laurie	8:00-9:00am BodyBalance™ w/Kristen	
			8:30-9:00am Cycling w/Mary Lee	8:00-8:45am & 8:45-9:30am AquaZumba® w/Laurie	
9:15-10:15am BodyPump™ w/Kristen	9:30-10:15am BodyCombat™ w/Kristen	9:15-10:15am BodyBalance™ w/Kristen	9:15-10:15am Circuit Training w/Mary Lee	9:15-10:15am BodyPump™ w/Kristen	
10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® w/Cathyanne	10:30-11:15am SilverSneakers® Stability w/Laurie	10:30-11:15am SilverSneakers® w/Cathyanne	10:30-11:15am SilverSneakers® Classic w/Kristen	
		11:15am-12:15pm Chair Yoga w/Stacey		11:15-12:15pm Chair Yoga w/Stacey	
Afternoon & Evening Classes					
		12:30-1:30pm Gentle Yoga w/Stacey		12:30-1:30pm Kundalini Yoga w/Stacey	
4:00-4:55pm Vinyasa Yoga w/Stacey			4:00-4:45pm Yoga w/Mary Lee		
5:00-5:55pm Gentle Yoga w/Stacey					ALL fitness classes listed are FREE for members!

*Sign up with the front desk to reserve your spot in class. Schedule subject to change. Check our website for the most up to date information.