

JULY GROUP FIT SCHEDULE

	MONDAY	TUESDAY	NEW TIME/CLASS OFFERING WEDNESDAY	AEROBICS ROOM DOWNSTAIRS THURSDAY	YOGA STUDIO UPSTAIRS FRIDAY	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS SATURDAY	SUNDAY
5:30	STRENGTH & CONDITION STACI (45)		STRENGTH & CONDITION STACI (45)				THE AEROBICS ROOM FLOOR WILL BE REFINISHED! GROUP FIT CLASSES THAT ARE HELD IN THE AEROBICS ROOM WILL BE CANCELED FOR THE WEEK OF JULY 1st-8th. 4-5:15pm <u>EASY SUNDAY YOGA</u> JULY 1 YIN YOGA CAROL PHILLIPS JULY 8 YIN+RESTORATIVE YOGA CAROL PHILLIPS JULY 15 YIN YOGA WENDY WETZEL JULY 22 YIN+RESTORATIVE YOGA CAROL PHILLIPS JULY 29 YIN YOGA WENDY WETZEL
5:45		CYCLE CAMIE (45)		BARBELL STRENGTH PATTY (45)	CYCLE CAMIE (45)		
8:00						✓CYCLE ELIZABETH (45)	
8:00						✓SPECIALTY CLASS VINYASA YOGA CAROL (60) JULY 21ST ONLY	
9:00	BARBELL STRENGTH PATTY (60)	SILVER CHALLENGE JAN (60)	✓BODY BLAST CAROL (60)	SILVER CHALLENGE CAROL (60)	✓BODY BLAST CAROL (60)	✓CORE & MORE JAN (30)	
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA WENDY (75)		YIN YOGA JEN (60)		
9:30						YIN YOGA JAN (60)	
9:30						ZUMBA! KAREN (60)	
10:30					YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS JULY 6		
10:30	SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		
11:45	BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		
12:05	CYCLE ELIZABETH (45) NO CLASS JULY 30		CYCLE PATTY (45)		CYCLE ANIKA (45)		
12:15		BOOTCAMP DEDRICK/ MOLLY (45)		BOOTCAMP DEDRICK/ MOLLY (45)			
4:30	YOGA SEAN (60)		YOGA SEAN (60)				
4:30			✓PEAK CONDITIONING GRETA (60)	✓RECONNECTING WITH & BUILDING YOUR TUSH KAREN (60) JULY 19TH ONLY			
5:00	STRENGTH EXPRESS NEAL (30)						
5:30	ZUMBA! SUZIE (60)	STRENGTH & CONDITION DANIELLE (45)	PILATES OLIVIA (60)	STEP & STRENGTH NEAL (60)			
5:30	RUN & ROW CASSIE (45) NO CLASS JUNE 23	ALL LEVELS YOGA EM (60)	CYCLE CASSIE (45)				
5:45	YAMUNA BODY ROLLING CHRISTINE (60) NO CLASS JULY 23						
6:30	BUTTS & GUTS DEDRICK (45)		BOOT CAMP LUCY (45)				

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