



# July Group Fitness Schedule

VIRTUAL Classes this month include:

**Saturdays**

GRIT Cardio at 8:15 am  
CXWORX at 8:45 am

**Mondays**

BODYCOMBAT at 5:35 pm

7/5 BODYCOMBAT at 5:05 am

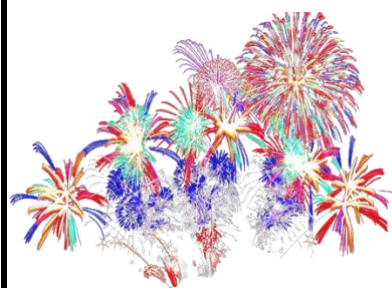
7/8 BARRE at 3:30 pm

7/9 SH'BAM at 6:40 pm

**NEW CLASS**

MIXXEDFIT 6:40 FRIDAYS

A MIXX of EXXPLOSIVE Dancing & Boot Camp Toning  
\$5 with a student id and FREE for members



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		BOOTCAMP Janna 23 Von	BODYPUMP Donna 24 Robin	BOOTCAMP Janna	BODYPUMP Robin 5 Virtual BODYCOMBAT (60m)	BOOTCAMP Von	<b>8:15 VIRTUAL GRIT Cardio (30 min)</b> <b>CXWORX (30 min)</b> 28 No Classes at 8:15  <b>9:20 BODYPUMP</b> Traci 21 Meghan <b>28 BACK TO SCHOOL BODYPUMP LAUNCH</b> Bring some school supplies for us to donate. #winprizes #getfit
8:15 AM		STEP Vicki 2, 16 Kelley CYCLE Lisa	FITNESS FUSION Kelley SilverSneakers® CIRCUIT (AAC) David (Lola)	STRONG Karen 11 20/20/20 Janna CYCLE Heather 18 Lisa	BODYPUMP Donna 5 Meghan Silver Sneakers (AAC) Vicki (David)	20/20/20 Kelley CYCLE 6 Lisa 13 Donna 20, 27 Heather <b>8:30 UPPER BODY BLAST</b> (AAC) Meghan	
9:15 AM		9:00 AQUA Melinda 16, 23, 30 Tera GENTLE YOGA Barbara	9:00 AQUA Vicki 17, 31 Lisa BODYPUMP Robin 10, 24 Meghan SilverSneakers® CLASSIC (AAC) David (Lola)	9:00 AQUA Melinda 18, 25 Daniel YOGA Barbara	9:00 AQUA Vicki SilverSneakers® CLASSIC (AAC) David (Ian) 9:20 ZUMBA GOLD Donna 5, 26 Lola	9:00 AQUA Vicki 20 Lisa BARBELL FITNESS Meghan 9:15 YIN YOGA (AAC) Tammy	
10:15 AM		P45 Robin 11:05 Virtual SH'BAM Robin	BASIC TAI CHI (AAC) Jesse 10:20 ZUMBA GOLD Donna 24 Karen	BARBELL FITNESS Robin 11:00 HI/LO CARDIO Robin	TAI CHI Jesse	30 min PILATES Cathy 13, 20 Lola	
11:30 AM			BALANCE & STRETCH Alden	30 min PILATES Cathy 18 Lola	BALANCE & STRETCH Alden		
1:00 PM	1:10 YOGA Chris 8, 29 Heather	SilverSneakers® CIRCUIT (AAC) Barbara		SilverSneakers® CLASSIC (AAC) David 4 No classes			<b>FREE TOT WATCH</b>  <b>Monday - Friday</b> 8 am – Noon 4 pm – 8 pm  <b>Saturday</b> 8 – 12 pm  <b>Sunday</b> 1 – 5 pm
2:00 PM	2:30-3:30 TONE AND TIGHTEN Meghan	SilverSneakers® YOGA (AAC) Barbara		SilverSneakers® YOGA (AAC) David 4 No classes			
4:30 PM		BODYPUMP Meghan	H.I.I.T Melanie 3 No evening classes	STEP Vicki 18 Kelley FITNESS FUSION 55+ (AAC) Melanie 4 No evening classes	20/20/20 Melanie	DANCEBODY FITNESS Tera 6, 13 Karen	
5:35 PM	3:30 – 4:30 DANCE & BARRE Tera 8 Virtual BARRE (30 min) 15 Caryn	VIRTUAL BODYCOMBAT (30 min) HIIT Traci (30 min)	BODYPUMP Ashley 3 No evening classes	CYCLE Traci 18 Melanie DANCEBODY FITNESS Tera 11 Caryn 18 Karen 4 No evening classes	BODYPUMP Ashley		
6:40 PM		DANCEBODY FITNESS Tera 9 Virtual SH'BAM (30 min)	SLOW FLOW YOGA Rebecca 3 No evening classes 31 Chris		YOGA 5, 19 Thomas 12, 26 Kathy	MIXXEDFIT LaToya \$5 with a student id	