



JULY 2024

Group Fitness Schedule

New Classes and Special Events are Listed in **Red**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS Closed July 4	FRIDAYS	SATURDAYS
				Cycling Class 6:45 – 7:20 am	
Cardio Mix 9:15 - 10:00 am	Strength Training 9:15 - 10:00 am	Yoga 9:15 - 10:15 am	Low Impact Interval 9:15 - 10:00 am	Strength Training 9:15 - 10:00 am	
Pilates 10:00 - 11:00 am	Cardio Mix 10:00 - 10:45 am		Pilates 10:00 - 11:00 am	Pilates 10:00 - 11:00 am	Zumba 10:00 - 11:00 am
		Beginning Line Dance 10:30 - 11:00 am No Class 7/3			
Stretch and Tone 11:15 - 11:45 am		Advanced Line Dance 11:00 - 11:30 am No Class 7/3		Stretch and Tone 11:15 - 11:55 am No Class 7/5	
	Stretch and Balance 11:30 am - 12:10 pm	Stretch and Tone 11:30 am - 12:00 pm	Gentle Yoga 11:15 am - 12:15 pm		
Beginner Line Dance 5:30 - 6:00 pm	Boot Camp 5:30 - 6:30 pm		Boot Camp 5:30 - 6:30 pm		
Advanced Line Dance 6:00 - 6:30 pm					
Cycling Class 7:00 - 7:45 pm	Pedal and Pump 6:30 - 7:20 pm				