

AUGUST 2025

Group Fitness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Beginner Line Dance 10:30 - 11:00 am	Pilates 10:00 - 11:00 am	Pilates 10:00 - 11:00 am	Line Dance Workshop 10:00 - 11:00 am No Class 8/30
Sculpt and Stretch 11:15 - 11:45 am		Advanced Line Dance 11:00 - 11:30 am			
	Stretch and Balance 11:30 am - 12:10 pm	Sculpt and Stretch 11:30 am - 12:10 pm	Stretch and Balance 11:15 am - 12:15 pm	Sculpt and Stretch 11:15 - 11:45 am	
Beginner Line Dance 5:30 - 6:00 pm	Boot Camp 5:30 - 6:00 pm		SPECIAL EVENT Mat Pilates August 21 4:30 - 5:30 pm		
			Boot Camp 5:30 - 6:00 pm		
Advanced Line Dance 6:00 - 6:30 pm			Zumba 6:30 - 7:20 pm		