

July 2024 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT PILATES 5:30 am AMANDA!	SPIN AND SCULPT 5:30 AM MEGAN No Class 7/9	KETTLEBELL 5:45 AM JIM	POWER HOUR 5:30 AM MEGAN No Class 7/ 11	KETTLEBELL 5:45 AM JIM
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM JEAN	BOOTCAMP/FREESTYLE 8:00 AM TESS!!	DANCE AEROBICS 8:00 AM JEAN	
YOGA 9:00 AM TINA 7/15, 7/22 Angie 7/1, 7/8, 7/29	Explore Yoga 9:00AM RHIANNA No class 7/9 SPIN 9:00AM DENISE	YO-FLEX 9:00 AM TINA	GROUP POWER 9:00 AM PAM	SPIN AND SCULPT / HIIT 9:00 AM DENISE
	TAI CHI 10:00AM BONNIE	SENIOR FITNESS 10:00 AM CAROL ANN		SENIOR FITNESS 10:00AM CAROL ANN
CARDIO KICK 12:00 PM Pam	GROUP POWER 12:00 PM Pam	RUSSIAN KETTLEBELL 12:00Pm Ask about sign up at front desk!	GROUP POWER 12:00 PM PAM	YOGA CORE 12:00 PM MEGAN NO CLASS 7/12
		SCULPT 1:00 PM PATTY NO Class 7/9 & 7/10		
ZUMBA!! 5:15 pm Liz	SCULPT 4:30PM DAWN		Kettlebell 4:30PM LISA	
	YOGA BASICS 5:45PM DAWN	HOT PILATES AMANDA 6:00PM	GROUP POWER 6:00 PM TESS!	

GROUP POWER
6:30 PM
TESS!

NEW/CANCELLED CLASS ALERT:

Be sure to check out the yellow sections on calendar!!! Text (706)371-3531 for updates