

# June 2022

## Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SPIN AND SCULPT @ 5:30 AM DENISE <b>CANCELLED FOR THE SUMMER!</b>	KETTLEBELL @5:45 AM DAVID	Boot-Camp @5:30 AM MEGAN	KETTLEBELL @5:45 AM DAVID
GROUP POWER @ 8:00 AM PAM	DANCE AEROBICS @ 8:00 AM JEAN	BOOTCAMP/FREESTYLE@ 8:00 AM MANDY	DANCE AEROBICS @ 8:00 AM JEAN	
YOGA @ 9:00 AM ANGIE	Explore Yoga 9:00AM RHIANNA SPIN 9:00AM KIM	YO-FLEX @ 9:00 AM TINA	GROUP POWER @ 9:00 AM PAM	SPIN AND SCULPT @ 9:00 AM DENISE
	TAI CHI @ 10:00AM BONNIE	SENIOR FITNESS @ 10:00 AM CAROL ANN	SILVERSNEAKERS @ 10:00AM EMMA	SENIOR FITNESS @ 10:00 AM CAROL ANN
9:30 Water Aerobics	9:30 Water Aerobics	9:30 Water Aerobics	9:30 Water Aerobics	9:30 Water Aerobics
CARDIO KICK @ 12:00 PM PAM	GROUP POWER @ 12:00 PM MANDY	RUSSIAN KETTLEBELL @12:00Pm Ask about sign up at front desk!	GROUP POWER @ 12:00 PM PAM	YOGA CORE @ 12:00 PM MEGAN
	SCULPT @ 1:00 PM PATTY	SCULPT @ 1:00 PM PATTY <b>(Cancelled June 15th)</b>		
HEATED YOGA @ 4:30PM DAWN	SCULPT 4:30PM DAWN		Kettlebell @ 4:30PM LISA <b>(Cancelled June 16th)</b>	
CORE STRENGTH @ 5:45PM DAWN (30MIN)	HEATED YOGA @5:45PM DAWN	SPIN AND SCULPT@ 5:30 PM DENISE	GROUP POWER @ 5:30 PM MANDY	
GROUP POWER @ 6:30 PM MANDY	<b>NEW/CANCELLED CLASS ALERT:</b> <b>Be sure to check out the yellow sections on calendar!!!</b> +			