

## **GROUP FITNESS SCHEDULE**

## July 20th - August 2nd

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
$\vdash$		in order	racouny	Trouncoury	maraday	BESSEVPUMP	Jutaluly	Juliuuy
Strength and Cardio	5:15 AM	Robin				Robin/Vicki		
	9:00 AM						INSANTEY	
		Sweat & Sculpt	Latin Maria and	Chisel®	Kick It	See Dist ALTERA	(50min)	
	9:15 AM	Pattie	Pattie	Melissa	Melissa	Andrea		
	10:00 AM	T Start		Wichsia	Wichood		CardioChisel®	
	10.00 AW			© ZVMBA			CardioCiliseie	
	10:30 AM			** I ina/Dave				
	10:45 AM	Silver Sneakers				Silver Sneakers		
	10.45 AW	Classic-Tonva	— De et Comm	LEGISLE	HIITS	Circuit -Anna		
	12:00 PM	CardioChisel® Andrea	Boot Camp Daun	Andrea	Jeni			
	1:30 PM	Allulea	Dauii	Silver Sneakers	Jeili			
	1:30 PM			Combo-Cynthia				
	4:30 PM			STEP				
	5.45.515	H/GH	INSANITY	.leni				
	5:45 PM	Veronica	Brian (50 min)	Cancelled				
Mind Body	5:15 AM			Pobin / Yoga				
	5. 15 /WI	Easy Does It Yoga		Robin /Lori Easy Does It Yoga		Easy Does It Yoga		
	7:45 AM	Valerie(60min)		Christina (60min)		Jack (60min)		
	8:00 AM		*Heather		Warm Yoga			
	0.00 AW		ricaulci	*ROKBARRE	Andreva / Lori			*Open Yoga
	9:00 AM			Cancelled			*ROKBARRE	Kim (75 min)
	9:15 AM		* Pilates		* Pilates			
	3. 13 AW		Carol *Beg. Yoga		Betsv *Beg. Yoga			
	10:30 AM		Ron (60min)		Ron (60min)			
	11:15 AM						Minnim Vickie	
	11.15 AM	*Silver Sneakers	*ROKBARRE	*Silver Sneakers	*ROKBARRE		VICKIC	
	12:15 PM	Yoga- Carol	Cori	Yoga- Carol	Pattie			
	5:30 PM	* Pilates	*ROKBARRE	* Vickie	*ROKBARRE Mollie			
	3.30 FW	Tawny * Yoga (75min)	Hilary	VICKIE	Molle			
	6:45 PM	Cancelled						
Water Fitness	8:30 AM	Wet & Wild Randy	Hyro Power Tonya	Hydro Power Chris	H2O MAX	Deep Water Hour Randy	Hydro Power Lana	
	0.50 AW	AFL	TOHYa	AFL	Chris	Ralluy	Lana	
	10:00 AM	Randy		Chris				
	12:00-2:00						Family Swim	Family Swim
	5:30 PM	Wet & Wild Randy		Hydro Power Lana/Tonya				
	6:30-8:30	ranuy		Lana/Tonya		Family Swim		
Group Cycling	0.30-0.30	Group Cycling		Spintertainment		Group Cycling		
	9:15 AM	Cancelled		Cancelled		Cancelled		
	42.00 04.		Spintertainment		Spintertainment			
- 0	12:00 PM		Cancelled	VALTOVANAL OL A CO	Cancelled	/ 404b		
Downtown				VNTOWN CLASS		1 13th		
	10-20 414	Sweat & Sculpt	Silver Sneakers	Sweat & Sculpt	Silver Sneakers	Cardio Groove		
	10:30 AM	Anna	Classic- Randv	Cvnthia	Circuit- Carol	Tina/Dave		
	1:15 PM	ROKBARRE Cori		ROKBARRE		*ROKBARRE		
	1.13 PW			Hilary		Mollie		

Classes with an \* are located in the Mind/Body Studio Classes with an \*\* are located in the Group Cycling Studio

