

# July Fitness Class Schedule

**BLACK = Studio #1**

*Italic= Studio #2*

Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Core,Strength,Cardio w/Christy	HITT/Body Sculpt (7:30) w/ Ann	Core,Strenth,Cardio w/Christy	HITT/Body Sculpt (7:30) w/ Ann		
8:00	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Kim (Outdoor Pool)	Hydro Challenge w/ Sue (Outdoor Pool)	Hydro Challenge w/ Kim (Outdoor Pool)	Hydro Challenges w/ Kim (Outdoor Pool)	
	Classic Aerobics w/ Ann <i>Tai Chi (Essentials) w/Charlie</i>		Classic Aerobics w/ Ann <i>Tai Chi (Essentials) w/Charlie</i>		Classic Aerobics w/ Ann <i>Tai Chi (Yang Style) w/ Charlie</i>	Zumba w/Jerry
9:00		Zumba w/Shantoya		Zumba w/Shantoya		Yoga/Medit'n w/Jerry
		<i>Yin Yoga (8:45) w/Christine</i>		<i>Yin Yoga (8:45) w/Christine</i>		
10:00	Total Body Conditioning w/Norma	20-20-20 w/ Patti	Total Body Conditioning w/Norma	20-20-20 w/ Patti		20-20-20 w/Patti
	<i>Zumba w/ Laurie</i>		<i>Zumba w/ Laurie</i>		<i>Zumba w/ Laurie</i>	
11:00	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti	Pilates BLAST w/Ann	
12:00						
1:00						
2:00	Sit & Fit w/ Juls		Sit & Fit w/ Juls			
3:00						
4:00		Yoga w/ Shari		Yoga w/ Shari		
5:00						

Studios Phone: 935-6752

Fitness Center Phone: 935-6740

All Classes \$4 (\$3 w/punch card ) unless specified  
Guests may not use punch card

Hours: M-Th 6am-6pm, Fri 6am-4pm  
Sat/Sun 7am-4pm

AND DON'T FORGET WELLBEATS  
IS AVAILABLE....VIRTUAL CLASSES!

Hydro Challenge has returned to the schedule on Fridays with new instructor Kim.

Please Note: All classes for July 4th and 5th are cancelled.

It is SUMMER HOT !! Please stay hydrated.