



JULY 2016 Group Exercise Class Schedule

Please allow 2-5 min. of transition time between classes

Group Exercise Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	5:30am	BODYPUMP Greta			BODYPUMP Greta		BODYPUMP Greta			
	7:00am	Early F & S Connie			Early F & S Connie		Early F & S Connie			
	8:00am	Zumba- Lisa					Zumba-Lisa			
	9:00am	BODYPUMP Amy	ZUMBA TONING-KIT	BODY SCULPT	ZUMBA TONING-KIT	BODYPUMP AMY	9:30am	BODYPUMP Tonya		
	10:00am		EXTREME GRAVITY	Zumba Gold/Line	EXTREME GRAVITY	ZUMBA TONING-KIT	10:30am	U-JAM-LISA		
	11:00am		FUNCTIONAL FITNESS		FUNCTIONAL FITNESS					
	12:00pm	BODYPUMP Greta			BODYPUMP Greta					
	12:15pm					3:00PM BALLERINAS				
	4:00pm				U-JAM LISA		3:00PM		Table Tennis 3-6PM	
	5:00pm	BODYPUMP SET UP			BODYPUMP SET UP		Table Tennis 4-7PM			
	5:30pm	BODYPUMP Tonya	Zumba Nicole (KF)		BODYPUMP Tonya	Zumba Nicole (KF)				
	6:30pm	ZUMBA-LISA	U-JAM LISA			U-JAM LISA				
Yoga Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	8:00am				PIYO-LISA					
	8:30am	Yoga Barbara(1.5hrs)				Yoga Barbara(1.5hrs)				
	9:00am		Pilates Connie			Hatha Yoga Audrey D	9:00am	PIYO LISA		
	10:00am	FLEXIBILITY TRAINING	Stretch the Limits Claudia							
	10:30am						Stretch the Limits Claudia			
	5:30pm	Beg. Yoga Eric	Pilates Connie	Beg. Yoga Eric		Slow Flow Yoga Audrey D				
Pool reservations can be made for 30 min. sessions										
Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday				
	9:00am	Aquacise Leslie			Aquacise DIANA		Aquacise Claudia			
	5:30pm		Aquacise Claudia		Aquacise Claudia					
Spin	Time	Monday	Tuesday	Wednesday	Thursday	Friday				
	5:15AM		HOLLY		HOLLY					
	8:00AM		CHERI		CHERI					
	5:30PM					KIRK				
	6:30PM	CHRIS F.		CHRIS F.						

