

Group Fitness Calendar

July 29-31



Monday	Tuesday	Wednesday
5:15-6:00AM Spin & Strength Kendra	5:15-6:15AM Cycle 60 Kellie	5:15-6:00AM Spin & Strength Kendra
	7:00-7:45AM Cardio Drumming* Kendra	
	8:00-8:45AM Cardio Dance Gold* Stephani	
9:00-9:45AM Strong & Balanced* Kendra	9:00-9:50AM Strength and Stretch* Mellissa	9:00-9:45AM Strong & Balanced* Julie
	10:00-11:00AM Yoga Flow Mellissa	10:00-11:00AM Cardio Drumming* Kendra
	4:10-5:10PM Cardio Sculpt Jaci	
5:30-6:15PM Spin & Strength David	5:30-6:15PM SculptX Jaci	5:30-6:15PM Spin Julie
6:30-7:15PM Workout Warrior HIIT- David	6:40-7:40PM Zumba Grace	6:40-7:40PM Zumba Grace
	7:50-8:50PM Yoga Strength Cara	7:50-8:50 PM Relax Yoga* Love

CLASS SIZES: Class sizes are limited. Members are encouraged to pre-register. Stop by or call 748-3230 for details.

YOGA MATS: Members are advised to bring their own yoga mat. Limited shared mats are available.

*Class is included in our Senior Membership but is not exclusively for seniors