

July 3rd-9th



Do you have our app?

3-Jul MONDAY	4-Jul TUESDAY	5-Jul WEDNESDAY	6-Jul THURSDAY	7-Jul FRIDAY	8-Jul SATURDAY	9-Jul SUNDAY
5:30AM Rebecca 			6:00AM Vicky 			8:00AM Karen PIYO
8:15AM Jen		8:15AM Sabrina 		8:15AM Jen	8:00AM Annie 	9:00AM Darren
low impact 30	GV Closed			Muscles		
8:45AM Jen Pilates 30	OB open 5am-2pm				9:00AM Karen PIYO	
9:30AM Nikki Cardio Circuits		9:30AM Chrissy MUSCLES	9:30AM Jen SWEAT	9:30AM Brisa ZUMBA	10:05AM Martha 	
10:35AM Jen Foam Roller and Stretch 25			11:00AM Rebecca Zumba Gold		11:10AM Brisa ZUMBA	12:35 PM Jen Foam roller and stretch
		12:00PM Susan 	12:15PM Rebecca 		<p>Ready for a challenge? <u>1,000 Calorie Spin Ride</u> <u>1.5 hours</u> Sunday, 7/9, 11:00am-12:30pm *Free, please sign up at the front desk *Spin experience necessary</p>	
12:15PM Martha 		12:30PM Susan 	4:30 PM Jen Muscles/Flex Strength			
4:30PM Darren 		4:30PM Jen MUSCLES	5:30PM Darren 			
5:30 PM Karla 		5:30PM Karen PIYO	6:00PM Sabrina 			
		6:30PM Karla 	6:30 PM Ann 			

MIND/BODY STUDIO						
MONDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Open Yoga		6:00AM TBA Power Yoga	6:00AM Open Yoga	6:00AM Open Yoga		
			8:15AM Jen S Pilates		9:15AM Donna Begin/Interm Yoga	
9:45AM Nikki Begin/Interm Yoga				9:30AM Barbara Interm/Power Yoga	10:30AM Donna Gentle/Begin Yoga	10:30AM Steve Begin/Interm Yoga
11AM Sheila Gentle Yoga		11AM Nikki Gentle Yoga	11AM Nikki Gentle/Begin Yoga	11AM Mona Gentle Yoga		
		12:15PM Barbara Deep Stretch Slow Flow		12:15PM Mona Deep Stretch Slow Flow		
						4:00PM Lora Begin/Interm Yoga
6:00pm Loretta Begin/Interm Yoga		6:00PM Steve Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			

SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN		5:30AM Melissa 	5:45AM Jodee SPIN	6:00AM Vicky SPIN	8:05AM Jen 	8:05AM Cindy SPIN
9:30AM Jen 		9:30AM Lisa B SPIN		8:30AM Nikki SPIN	9:15AM Andrew SPIN	11:00 Jen (1.5) 1,000 calorie spin
12:15 PM Tiffany SPIN		12:15PM Cindy SPIN	12:15PM Martha 			
6:00PM Andrew SPIN		6:00 PM Martha 		12:15PM Andrew SPIN		

AQUA CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Teresa Water Fitness		8:30AM Katie Water Fitness	8:30AM Alyssa Water Fitness	8:30AM Anna Water Fitness	9:00AM TBA Water Works	
			9:45AM Alyssa Gentle Aqua			

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