



JULY 6TH - AUGUST 15TH

SCHEDULE *Class*

Purple: Community Room

Red: Spin Room

Blue: Pool Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6am Spin w/ Paul 8 am Yoga w/ Erin 9am Zumba GOLD w/ Becky 10am Functional Fitness w/ Cathy	8am ZUMBA w/ Emily	6am Spin w/ Tim 8am Yoga w/ Erin 10am Functional Fitness w/ Lisa	8am ZUMBA w/ Emily 9am Pilates w/ Elaine	8am Pilates w/ Elaine 10am Take a Walk w/ Lisa	8am Spin July 11th w/ Lisa 9am Dance Fitness w/ Cari	
NOON							
PM	5:30pm Move w/ Angie 6:30 Dance Fitness w/ Cari		5:30pm AquaFit with Angie 6:30 Dance Fitness w/ Cari 6:30pm Spin w/ Lisa				