



# Group Fitness | JULY 2019

**\*\*CYCLING CLASSES REQUIRE ADVANCED SIGN-UP ONLINE. SEE THE FRONT DESK OR YOUR INSTRUCTOR FOR HELP!\*\***

**ATHLETIC HIIT ON FRIDAYS AT 6:00pm IS CANCELLED!**

**SENIOR FIT ON THURSDAYS AT 10:30am IS POSTPONED UNTIL AFTER SUMMER!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
8:30-9:30am		ZUMBA Yajaira		 <b>HAPPY 4<sup>TH</sup> OF JULY!</b> <b>NO CLASSES!</b>	ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan		BODYPUMP Rachael	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol				DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda			
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris				
7:30-8:30pm		HIP HOP Stephanie	YOGA <b>NO CLASS</b>			
	8	9	10		11	12
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Lori	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Lori	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol				ZUMBA <b>NO CLASS</b>
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris		ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA <b>NO CLASS</b>	HIP HOP Stephanie		
	15	16	17	18	19	20
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Lori	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Morgan	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol				ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris		ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		

	22	23	24	25	26	27
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	<b>LAUNCH DAY!</b> <b>BODYPUMP LAUNCH</b> Jessica, Lori & Morgan
9:30-10:30am	BODYPUMP Lori	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Morgan	<b>BODYCOMBAT LAUNCH</b> Jessica, Morgan, Lori & Ashley
10:30-11:30am		SENIOR FIT Carol				DANCE FITNESS Morgan
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Lori		
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris		ZUMBA Morgan CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	29	30	31			
8:30-9:30am		ZUMBA Yajaira				
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan			
10:30-11:30am		SENIOR FIT <b>NO CLASS</b>				
5:30-6:30pm	CYCLING Rhonda <b>BODYJAM LAUNCH</b> Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda			
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris				
7:30-8:30am		HIP HOP Stephanie	YOGA Katie			