



## Group Fitness | JUNE 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>ANNOUNCEMENTS</b> *Cycling classes must be signed up for online prior to class. Slots open 24 hours in advance and close one hour before class time. If you have any questions please stop by the front desk or ask your instructors. *BODYJAM on Wednesdays at 6:30pm is <i>canceled!</i> *BODYPUMP on Tuesdays at 5:30am is postponed for summer and will resume in September. *A member survey will be sent out this month! It will be sent to your email, or you can stop by the front desk and get the link to the survey. We welcome your feedback and suggestions for improvements!						BODYPUMP Christy
						BODYCOMBAT Jessica
						ZUMBA Stephanie
	3	4	5	6	7	8
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Yajaira
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris		ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Chanel	YOGA Katie	HIP HOP Stephanie		
	10	11	12	13	14	15
8:30-9:30am		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Rachael	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Carol		ZUMBA Stephanie
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Jessica		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris		ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA LAUNCH Katie	HIP HOP Stephanie		

	17	18	19	20	21	22
<b>8:30-9:30am</b>		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Jessica
<b>9:30-10:30am</b>	BODYPUMP Rachael	BODYCOMBAT Lori CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Lori
<b>10:30-11:30am</b>		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Chanel
<b>5:30-6:30pm</b>	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
<b>6:00-6:30pm</b>					ATHLETIC HIIT Jessica	
<b>6:30-7:30pm</b>	BODYCOMBAT Ashley	ZUMBA Chris		ZUMBA Chanel CYCLING Kevin		
<b>7:30-8:30pm</b>		HIP HOP Stephanie	STRETCH & FLOW Yajaira	HIP HOP Stephanie		
	24	25	26	27	28	29
<b>8:30-9:30am</b>		ZUMBA Yajaira			ZUMBA Yajaira	BODYPUMP Christy
<b>9:30-10:30am</b>	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Jessica
<b>10:30-11:30am</b>		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Stephanie
<b>5:30-6:30pm</b>	CYCLING Kelly BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
<b>6:00-6:30pm</b>					ATHLETIC HIIT Jessica	
<b>6:30-7:30pm</b>	BODYCOMBAT Ashley	ZUMBA Chris		ZUMBA Chanel CYCLING Kevin		
<b>7:30-8:30pm</b>		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		