

Group Fitness Calendar

July 5-July 27



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00AM Spin & Strength Kendra	5:15-5:45AM Spin 30 Kendra	5:15-6:00AM Spin & Strength Kendra	5:15-5:45AM Spin 30 Kendra		
	5:55-6:25AM Muscle Max 30 Kendra		5:55-6:25AM Muscle Max 30 Kendra		
7:00-7:45AM Sitting Cardio & Strength Kendra		7:00-7:45AM Sitting Cardio & Strength Kendra		7:00-7:45AM Sitting Cardio & Strength Kendra	
8:00-8:45AM Body Strength Kendra	8:00-8:45AM Strength & Stretch Mellissa	8:00-8:45AM Body Strength Kendra		8:00-8:45AM Body Strength Kendra	8:00-9:00AM Zumba Grace
9:30-10:15AM Senior Power Kendra	9:00-10:00AM Zumba Gold Danielle	9:00-9:45AM Senior Strong & Balanced - Julie	9:00-10:00AM Zumba Gold Danielle	9:30-10:15AM Senior Power Kendra	9:15-10:00AM Spin Julie
11:00-12:00PM Sitting Cardio & Strength Kendra	11:30-12:30PM Teen Strength Mellissa	11:00-12:00PM Sitting Cardio & Strength Kendra		11:00-12:00PM Sitting Cardio & Strength Kendra	
	12:45-1:30PM Teen Yoga Mellissa				
5:00-5:45PM Spin Suzette	4:10-5:10PM Cardio Sculpt Jaci	4:10-5:10PM Barre Fusion Betsy	4:10-5:10PM Cardio Sculpt Jaci		
6:00-6:45PM Yoga-Pilates Suzette		5:45-6:30PM Spin Julie	5:45-6:45PM Spin & Power Yoga Suzette		
7:00-8:00PM Barre Fusion Betsy	6:40-7:40PM Zumba Grace	6:40-7:40PM Zumba Grace			

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

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

**FREE YOGA: At Lawrence Street Park
Tue, Jun 13-Aug 22 (skip July 4)
Family Yoga (All Ages): 9am-9:45am
Adults Yoga (12 Yr Olds-Adults): 10-11am**