




































July 14th to July 20th

GROUP FITNESS



SUNDAY 7/14	MONDAY 7/15	TUESDAY 7/16	WEDNESDAY 7/17	THURSDAY 7/18	FRIDAY 7/19	SATURDAY 7/20
	 6:15-7:00 AM TRX (Canceled)		 6:05-7:00AM Spinning (Kim)		 6:15-7:00 AM TRX (Kari)	
					 7:30-8:30AM Power Yoga (Christy)	 8:00-9:00AM Power Core (Ivazina)
	 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Kim)	 9:00-10:15AM Yoga in the Meadow (Marissa)
 9:15-10:15AM Water Aerobics (Ivazina)	 9:00-10:00AM Water Aerobics (Ivazina)		 9:00-10:00AM Water Aerobics (Ivazina)		 9:00-10:00AM Water Aerobics (Ivazina)	 9:15-10:15AM Water Aerobics (Ivazina)
	 9:00- 9:30AM Zumba Intro (Emily) -----  9:30-1030AM Cardio Dance (Emily)	 9:30-10:45AM Vinyasa Yoga (Canceled)	 9:30- 10:30AM Cardio Dance (Emily)	 9:30-10:45AM Vinyasa Yoga (Emily)	 9:30- 10:30AM Zumba® (Courtney)	 9:30- 10:30AM Zumba® (Courtney)
			 11:30-12:15PM Summer Fit (Delana)		 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 10:45-12:00PM Vinyasa Yoga (Meghan)
	 1:00-1:30PM Aqua Zumba (Courtney)				 1:00-1:30PM Aqua Zumba (Courtney)	
 4:30-5:30PM Yin Yoga (Leanne)	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:45PM Power Yoga (Christy)	 5:15-6:15PM Strength & Core (Ivazina)	 4:00- 6:00PM Karate Club (Alyssa)	 4:30-5:30PM AFLOW (Heather)	
	 6:30-7:30PM Vinyasa Yoga (Kelly)		 6:30-7:30PM Vinyasa Yoga (Kelly)	 6:30-7:30PM Pilates, Stretch & Roll (Leanne)		



*PLEASE CHECK WEBSITE OR ASK OUR HOSTS AT THE FRONT DESK FOR CANCELATIONS AND UPDATES