

July Weekly Group Schedule

Monday	Tuesday	Wednesday	Thursday
	5:45am Step/Combat/Pump		5:45am Step/Combat/Pump
	9:00am Pilates		9:00am Water Aerobics***
11:00am Senior Fit	9:00am Water Aerobics***	11:00am Senior Fit	9:15am TRX H.I.T.T.
Friday	Saturday	Sunday	
9:00am Pilates			
11:00am Senior Fit		1:00pm Yoga*	

*Intermediate - advance yoga clients are welcome to participate in all yoga classes.
 Group schedule is subject to change.