

July 2020

revised 6/29/2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:30am - 6:15am Upstairs room 2		Group Cycling 5:30am - 6:15am Upstairs room 2		Group Cycling 5:30am - 6:15am Upstairs room 2	
		Group Cycling 6am - 6:45am Upstairs room 2		Group Cycling 6am - 6:45am Upstairs room 2		
	SilverSneakers 8:00am - 8:45am GYM		SilverSneakers 8:00am - 8:45am GYM			
		Zumba Gold 8:15am - 9am GYM		Zumba Gold 8:15am - 9am GYM		Step Sculpt & Abs 8:30am - 9:45am Racquetball 2
					Enhanced Fit 9:00am - 10:00am GYM	
	Silver Sneakers 10:15am - 11:15am GYM		Silver Sneakers 10:15am - 11:15am GYM		Silver Sneakers 10:15am - 11:15am GYM	
		Chair Yoga 10:30am - 11:30am Board Room		Chair Yoga 10:30am - 11:30am Board Room		Barre 9:00am - 10:00am Board Room
	Enhanced Fit 11:15am - 12:15am GYM		Enhanced Fit 11:15am - 12:15am GYM			
	Zumba 4:30pm - 5:25pm GYM/Racquetball 2	Zumba 4:30pm - 5:25pm GYM/Racquetball 2				
	Power Pump 5:30pm - 6:25pm Racquetball 2	Step Sculpt & Abs 5:30pm - 6:25pm Racquetball 2		Cardio Drills 5:30pm - 6:25pm Racquetball 2		
		Barre 5:30pm - 6:30pm Board Room		Barre 5:30pm - 6:30pm Board Room		