

GROUP FITNESS SCHEDULE

Month of: July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Cardio Mix			Metabolic Charge		
5:30 AM						
6:45 AM	Cycle		Cycle			
8:15 AM						Boot Camp
8:45 AM	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers	
8:45 AM	GRIT	GRIT Self-Led	GRIT Self-Led	GRIT Self-Led	GRIT	
8:45 AM	Yoga	PiYo	Yoga	PiYo	Yoga	PiYo
8:45 AM		Cycle		Cycle	Cycle	Cycle
8:45 AM	Water Aerobics		Water Aerobics		Water Aerobics	
9:45 AM	Chair Yoga	DANCE Move	Chair Yoga	Aerobics	DANCE Move	Yoga
9:45 AM	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
9:45 AM	SilverSneakers		SilverSneakers	Tai-Chi	SilverSneakers	
10:45 AM		Parkinson's Movement		Parkinson's Cycle	Chair Yoga	
12:20 PM	Upper Body Express	Lower Body Express	HIIT Express	CORE Express		
4:30 PM			Yoga			
5:15 PM			HIIT			
5:30 PM				Cycle		
6:00 PM	Water Aerobics		Water Aerobics	Yoga		
6:15 PM	Zumba	Yoga	Zumba	Zumba	Line Dance	
6:15 PM	Kettlebell					
6:30 PM		GRIT		GRIT		
7:00 PM	Pilates					
7:15 PM			Yoga Sculpt			
COLOR CODE	POOL	GRIT ROOM	FITNESS STUDIO	CYCLING STUDIO	UPSTAIRS STUDIO	Qubein Family Center

*****July 17th Beginner Cycle
Class @ 11:45am*****