







# JULY 4TH HOLIDAY GROUP EXERCISE SCHEDULE

Wednesday, June 29 - Tuesday, July 5

WEDNESDAY, 6/29	THURSDAY, 6/30	FRIDAY, 7/1	SATURDAY, 7/2	MONDAY, 7/4	TUESDAY, 7/5
6:00 - 6:50 am Bootcamp Aaron		6:00 - 7:00 am Vinyasa Flow Yoga Loralee		<b>CLUB CLOSED</b> 	
6:00 - 7:00 am Sunrise Yoga Steve	8:30 - 9:20 am BodyCombat Amy R		9:00 - 10:00 am Body Pump Victor		8:00 - 8:55 am MyZone HIIT Lora
9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Loralee	8:45 - 9:45 am & 12:30 - 1:30 pm Parkinson's Wellness <i>Registration Required</i>	9:15 - 10:15 am Cycle Melissa		9:10 - 10:00 am Just Dance Lesley C
9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00 am Heart Plus Toning Kris (AOA)	9:15 - 10:15 am Cycle Lisa H.	10:15 - 11:15 am Core Yoga Susan E		9:15 - 10:30 am Cycle & Strength Lora
9:15 - 10:05 am Chair Yoga Elaine(AOA)	9:30 - 10:20 am Barre Fusion Werner				9:15 - 10:15 am Sit & Fit (AOA) Kris
9:30 - 10:30 am Adult Ballet (AOA) Werner	10:15 - 11:15 pm Parkinson's Wellness <i>Registration Required</i>	9:30 - 10:25 am Just Dance Lesley	<b>SUNDAY, 7/3</b>		10:15 - 11:05 am Just Barre Lesley C
9:30 - 10:30 am Simply Strength Lora	10:30 - 11:30 am Body Pump Amy C	10:00 - 10:55 am Chair Yoga (AOA) Audrey	8:30 - 9:20 am Cycle Susan E		10:15 - 11:15 am Body Pump Amy R
10:15 - 11:15 am Parkinson's Wellness <i>Registration Required</i>	11:30 - 12:30 pm Restorative Yoga Steve	10:20 - 11:10 am Adult Ballet (AOA) Werner	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana		11:30 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>
10:30 - 11:30am Parkinson's Wellness <i>Registration Required</i>	11:45 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>	10:30 - 11:00 am Arm, Core and Stretch with Lesley	9:30 - 10:20 am Strength & Core Susan E		4:45 - 5:45 pm Yoga Tuneup Werner
10:35 - 11:25 am Pilates Fusion Susan E	4:45 - 5:45 pm Yoga Tuneup Werner	11:15 - 12:15 pm Parkinson's Wellness <i>Registration Required</i>	(AOA) Active Older Adult		5:15 - 6:05 pm Barre Fusion Amy R
10:30 - 11:25 pm BeMoved Dance Joanie (AO)	5:30 - 6:20 pm Barre Fusion Jennifer	11:15 am - 12:15 pm (AOA) Heart Plus Toning Werner	CODES: Cycle Studio ● Main Studio ● Mind/Body Studio ○ Banquet Room ● Fitkids ●		6:15 - 7:15 pm Race Across America Ride Bill P
10:45 am - 11:30 am Foam Rolling Lora	5:30 - 6:30 pm Cycle Carol	11:15 - 12:15 pm Strength, Stability & Stretch with Tatiana			
11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	<b>TURN OVER FOR THE WARM WATER THERAPY AND LAP POOL SCHEDULE.</b>	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene			
1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>					
5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana					
5:30 - 6:30 pm Body Pump Carol					