




GROUP FITNESS

SPORTS OF ALL SORTS



*** JULY - 2017 ***

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <p>2</p>  | <p>3</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 (Heather) STRONG - By: Zumba!</p> | <p>4</p> <p>CLOSED</p> | <p>5</p> <p>9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Angi) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST</p> | <p>6</p> <p>6:30pm-7:15 (Karin) BUTTS & GUTS</p> | <p>9</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic</p> | <p>8</p> <p>BOOT CAMP 10:00am Fitness Center (LISA) AB-KILLER BOOTCAMP</p> |
| <p>9</p> | <p>10</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 (Heather) STRONG - By: Zumba!</p> | <p>11</p> <p>9:30-10:20am (Toni) SENIOR'S YOGA</p> | <p>12</p> <p>9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (TONI) YOGA</p> | <p>13</p> <p>6:30pm-7:15 (Karin) BUTTS & GUTS</p> | <p>14</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic</p> | <p>15</p> |
| <p>16</p> | <p>17</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45 - 11:40 (Lisa) SilverSneakers Classic 6:30 - 7:30 (Heather) STRONG - By: Zumba!</p> | <p>18</p> <p>9:30-10:20am (Toni) SENIOR'S YOGA</p> | <p>19</p> <p>9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30pm-7:15 (Karin) BURN & BLAST</p> | <p>20</p> <p>6:30pm-7:15 (Karin) BUTTS & GUTS</p> | <p>21</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic</p> | <p>22</p> <p>BOOT CAMP 10:00am Fitness Center (ANGI) KETTLEBELL BOOTCAMP</p> |
| <p>23</p> | <p>24</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:30 (Heather) STRONG - By: Zumba!</p> | <p>25</p> <p>9:30-10:20am (Toni) SENIOR'S YOGA</p> | <p>26</p> <p>9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (TONI) YOGA</p> | <p>27</p> <p>6:30pm-7:15 (Karin) BUTTS & GUTS</p> | <p>28</p> <p>9:30-10:25am Karin) Senior Strength & Cond. 10:45-11:40am (Toni) SilverSneakers Classic</p> | <p>29</p> |
| | <p>30</p> <p>9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40 (Angi) SilverSneakers Classic 6:30-7:30 pm (Heather) STRONG - By: Zumba!</p> | <p>31</p> | | | | |