



GROUP FITNESS

SPORTS OF ALL SORTS



JULY ~ 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 WEAR RED & BLUE! 8:30 - 9:20 (Angi) Senior-Fit 9:30 - 10:20 (Toni) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Lisa) DANCE-FIT	3 9:30-10:20 (Toni) Silver Sneakers Yoga 	4 CLOSED ENJOY the holiday with family & friends.	5 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:30 (Lisa) DANCE-FIT	6 8:30-9:20 (Angi) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	7 
8	9 8:30 - 9:20 (Angi) Senior-Fit 9:30 - 10:20 (Toni) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	10 9:30-10:20 (Toni) Silver Sneakers Yoga 10:40-11:30 (Lisa) DANCE-FIT	11 8:30 - 9:20 (Amy) Senior -Fit 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic	12 10:00 - 10:30 (Lisa) Silver Sneakers Stability 10:40-11:30 (Lisa) DANCE-FIT	13 8:30-9:20 (Stacey) Senior Strength PLUS+ 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	14
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29	30 8:30 - 9:20 (Lisa) Senior-Fit 9:30 - 10:20 (Toni) Senior-Fit 10:30-11:20 (TONI) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	31 9:30-10:20 (Toni) Silver Sneakers Yoga				