



GROUP FITNESS

SPORTS OF ALL SORTS



JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	9:30 - 10:15		9:30 - 10:15	9:30-10:15	TAI CHI W AMY 8:45	
	Senior-FIT		CIRCUIT	CARDIO-DANCE	Senior-FIT	
	AMY		10:30 - 11:15	AMY	AMY	
	10:30-11:15		Silver Sneaker's	10:30-11:15	10:30-11:15	
	Silver Sneaker's Classic		Classic	SILVER SNEAKERS YOGA	Silver Sneaker's Classic	
	TONI		AMY	TONI	TONI	
9	10	11	12	13	14	15
	9:30 - 10:15	9:30-10:15	9:30 - 10:15	9:30-10:15	TAI CHI W AMY 8:45	
	Senior-FIT	CARDIO-DANCE	9:30 - 10:15	CARDIO DRUMMING	Senior-FIT	
	AMY	AMY	TABATA CIRCUIT	AMY	AMY	
	10:30-11:15	10:30-11:15	10:30 - 11:15	10:30-11:15	10:30-11:15	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's	SILVER SNEAKERS YOGA	10:30-11:15	
	Silver Sneaker's Classic	TONI	Classic	TONI	Silver Sneaker's Classic	
	TONI		AMY		TONI	
16	17	18	19	20	21	22
	9:30 - 10:15	9:30-10:15	9:30 - 10:15	9:30-10:15	TAI CHI W AMY 8:45	
	Senior-FIT	CARDIO DRUMMING	9:30 - 10:15	CARDIO-DANCE	Senior-FIT	
	AMY	AMY	CIRCUIT	AMY	AMY	
	10:30-11:15	10:30-11:15	10:30 - 11:15	10:30-11:15	10:30-11:15	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's	SILVER SNEAKERS YOGA	10:30-11:15	
	Silver Sneaker's Classic	TONI	Classic	TONI	Silver Sneaker's Classic	
	TONI		AMY		TONI	
23	24	25	26	27	28	29
	9:30 - 10:15	9:30-10:15	9:30 - 10:15	9:30-10:15	TAI CHI W AMY 8:45	
	Senior-FIT	CARDIO-DANCE	9:30 - 10:15	CARDIO-DRUMMING	Senior-FIT	
	AMY	AMY	TABATA CIRCUIT	AMY	AMY	
	10:30-11:15	10:30-11:15	10:30 - 11:15	10:30-11:15	10:30-11:15	
	10:30-11:15	SILVER SNEAKERS YOGA	Silver Sneaker's	SILVER SNEAKERS YOGA	10:30-11:15	
	Silver Sneaker's Classic	TONI	Classic	TONI	Silver Sneaker's Classic	
	TONI		AMY		TONI	
30	31					
	9:30 - 10:15					
	Senior-FIT					
	AMY					