



WELCOME BACK TO GROUP EXERCISE

July 2020 Group Exercise Schedule

During Phase Two of our COVID-19 reopening plan, group exercise classes will return to the group exercise room. Social distancing will be practiced.

MONDAYS

- 5:30 a.m. — Cycling/Marcie
- 8:15 a.m. — Fit for Life/Holly
- 9:15 a.m. — Rip on Zoom/Laurel
- 5:15 p.m. — Ripped & Chiseled/Steph
- 5:30 p.m. — Aqua Blast/Stephanie (Pool)
- 6:55 p.m. — Yoga/Annette

TUESDAYS

- 5:30 a.m. — Fit & Flex
- 6:30 a.m. — Tabata/Tab
- 7 a.m. — Core/Tab
- 8 a.m. — Water Wake Up/Connie (Pool)
- 8:15 a.m. — Instructor's Choice/Laurel
- 5:15 p.m. — Insanity/Steph
- 5:30 p.m. — Aqua Blast/Tami (Pool)
- 6:55 p.m. — Gentle Yoga/Annette

WEDNESDAYS

- 5:30 a.m. — Cycling/Marcie
- 8:15 a.m. — Move & Groove/Beth
- 9:15 a.m. — Pound/Laurel
- 10 a.m. — Shape Up/Laurel
- 5:15 p.m. — Ripped & Chiseled/Steph
- 5:30 p.m. — Aqua Blast/Teresa (Pool)

THURSDAYS

- 5:30 a.m. — Fit & Flex
- 8 a.m. — Water Wake Up/Connie (Pool)
- 8:15 a.m. — Strength Builders/Holly
- 5:15 p.m. — Insanity/Steph
- 5:30 p.m. — Aqua Blast/Tami (Pool)
- 6:30 p.m. — Zumba Sugar/Amanda
- 7:00 p.m. — Zumba Spice/Amanda

FRIDAYS

- 5:30 a.m. — Cycling/Marcie
- 8:15 a.m. — Dance Fusion/Laurel
- 9:15 a.m. — Cardio Kickboxing

