

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		eXtreme Workout		eXtreme Workout		
8:00 AM	Spin	Zumba	Spin	Zumba	Spin	
8:30 AM	Circuit		Circuit		Circuit	
9:00 AM						eXtreme Workout
9:30 AM	SilverSneakers	Yoga	SilverSneakers	Yoga	Yoga	
10:00 AM	*Water Aerobics	*Water Aerobics	*Water Aerobics	*Water Aerobics	*Water Aerobics	
10:30 AM	SilverSneakers		SilverSneakers			
11:00 AM					Chair Yoga	
12:00 PM	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
4:30 PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout		
5:30 PM	Zumba — eXtreme Workout	Zumba — eXtreme Workout	eXtreme Workout	Zumba — eXtreme Workout		
6:30 PM	eXtreme Workout	Stretch&Flow — eXtreme Workout	eXtreme Workout	Stretch&Flow — eXtreme Workout		
7:00 PM		*Water Aerobics		*Water Aerobics		

Dates to Remember

No Group X - July 4

8AM Spin

No class July 11-18, resumes
Monday, July 21

6:30PM Stretch & Flow

no class July 22 & 24

Water Aerobics last day

7PM - Thursday August 21

10AM - Friday August 29