

JULY Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00a CF room	CycleFit Miriam		CycleFit Miriam		CycleFit Miriam
7:30a GR#1/CF		CycleFit(7:45) Linda		CycleFit(7:45) Linda	
8:30a GR#1	Core BJ	Core Linda	Core Jaime	Core Stacy	Core Linda
9:00a GR#1/GR#2	StepFit BootCamp BJ Linda	BodyFit Linda	StepFit CYCLEFIT BJ Jaime	BodyFit Stacy	SIZZLE! Linda
9:00a Pool	AquaFit Stacy		AquaFit Linda		AquaFit Stacy
10:00a MB	Pilates Krystal	Yoga BJ / Jamie	Pilates BJ	Yoga Patsy	Pi-Yo BJ
10:30a GR#1	SilverSneakers Linda		SilverSneakers Janell		SilverSneakers Janell
1:00p Pool	AquaFit Cydney	AquaFit Cydney	AquaFit Cydney	AquaFit Cydney	AquaFit Cydney
4:00p GR#1	BodyFit Suzie/Jaime	FatBurner Jaime	BodyFit Marcia	FatBurner BJ	
4:30p CF Room	CycleFit Linda		CycleFit Linda		CycleFit Linda
5:00p GR#1	Core Marcia	Core Jaime	Core Suzie	Core Linda	Core BJ
5:30p GR#1	BodyFit Jaime	BodyFit Jaime	SIZZLE! Maria / Linda	BodyFit Linda	StepFit BJ
5:30p MB	Pilates Melanie	Yoga BJ	Pilates BJ	Pilates Melanie	Yoga Tania
5:30p CF Room	CycleFit Linda	CycleFit Stacy	CycleFit Jim	CycleFit Alex	CycleFit Linda
5:30p Pool	AquaFit Stacy		AquaFit Stacy	AquaFit Stacy	<u>Room Legend</u> GR#1 Group Fitness Room #1 (Blue/yellow floor) GR#2 Group Fitness Room #2 (upstairs) MB Mind & Body RM CF Room Cycle Fit Room (Upstairs) Classes are subject to move to another room to accommodate the number of members. Thank you for your cooperation!
5:30p GR#2	FatBurner Marcia				
6:30p GR#1	KickFit Saudhi	BODYBURN Maria	StepFit Marcia	FatBurner Saudhi	
6:30p GR#2		BootCamp Linda		BootCamp Linda	
6:30p MB	Yoga Tania	Pilates BJ	Yoga Tania		
6:30p CF Room	CycleFit Jim	CycleFit Jim	Beg. CycleFit/ Core Linda	Beg. CycleFit/ Core Alex	
7:30p MB			Dr. McAfee Traditional Zen Meditation		

Saturdays

July 4th
7:00a **Traditional Zen Meditation**
Dr. McAfee
(enter through Zen Garden)
9:00 **Body Fit** Linda
10:00 **CycleFit** Jim

July 11th
7:00a **Traditional Zen Meditation**
Dr. McAfee
(enter through Zen Garden)
8:30 **Core** Stacy
9:00 **Body Fit** Stacy
9:00 **CycleFit** Linda
10:00 **CycleFit** Stacy

July 18th
7:00a **Traditional Zen Meditation**
Dr. McAfee
(enter through Zen Garden)
8:30 **Core** Linda
9:00 **Body Fit** Linda
9:00 **CycleFit** Jim
9:00 **AQUA FIT** Stacy
10:00 **CycleFit** Stacy

July 25th
7:00a **Traditional Zen Meditation**
Dr. McAfee
(enter through Zen Garden)
8:30 **Core** Stacy
9:00 **BodyFit** Stacy
9:00 **CycleFit** Jim
10:00 **CycleFit** Linda

Sunday CycleFit

@ 3pm (Jim)
12th & 26th

Sunday Meditation

7:00a **Traditional Zen Meditation**
Dr. McAfee
(enter through Zen garden)