

# Week of July 19

## GROUP EX CLASSES

### MONDAY

9a: Cross Training - Amanda (MPR)

615p: Turbokick - Beth (MPR)

### TUESDAY

515a: Cross Training-Jen (MPR)

9a: Cardio Sculpt-Carol (MPR)

515p: Step Up-Rhonda (MPR)

630p: Zumba-Joelle (MPR)

### WEDNESDAY

9a: PiYo-Diane (AR)

515p: RIP-Dana (MPR)

630p: Yoga-Rita (AR)

### THURSDAY

515p: Step Up-Rhonda (MPR)

630p: Zumba- Megan (MPR)

### FRIDAY

515a: Cycle Bootcamp-Marisa (MPR)

9a: Step Up-Carol (MPR)

### SATURDAY

9a: RIP - Dana (MPR)

10:15a: Zumba - Megan (MPR)

## CYCLE CLASSES

### MONDAY

615p: Cycling-Chris \$2

### WEDNESDAY

515a: Cycling-Misty \$2

9a: Cycling-Amanda \$2

630p: Cycling-Chris \$2

### SATURDAY

8a: Cycling-Mandy \$2

## KEY

MPR=Multi-Purpose Room

AR = Aerobic Room

V = Zoom Virtual Option

**Looking for smaller  
classes &  
personalized  
attention?!**

## SMALL GROUP CLASSES

### MONDAY

515a: Kettlebells - Beth (MPR/V) \$5

9a: Barre-Diane (AR/V) \$5

515p: Power Hour-Beth (AR/V) \$5

### TUESDAY

9a: Tuesday Tone Up-Amanda (AR/V) \$5

515p: Upper Body Burn-Marisa (AR/V) \$5

615p: Butts&Guts-Marisa (AR/V) \$5

### WEDNESDAY

515p: Tone Up-Marisa (AR/V) \$5

### THURSDAY

515a: Strength&Cardio-Marisa (MPR/V) \$5

515p: Total Body Blast-Mandy (AR/V) \$5

### FRIDAY

9a: Bootycamp-Mandy (AR/V) \$5

### SATURDAY

7a: Abs/Booty Blast-Diane (AR/V) \$5



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workouts