

Week of July 4

GROUP EX CLASSES

MONDAY

9a: Red, White and Burn - FREE to Community!
45 min Cycle & 45 min Core and More

TUESDAY

515a: Cross Training-Jen H (MPR)
515p: Step Up-Rhonda (MPR)
630p: Zumba-Joelle (MPR)

WEDNESDAY

830a: Super Sets-Diane (AR)
9a: PiYo-Diane (AR)
5:30p: Drummercize-Lori (MPR)
6:30p: Circuit-Nancy (FS)
630p: Yoga-Rita (AR)

THURSDAY

9a: Turbokick-Beth (MPR)
10a: Yoga-Dani (AR)
515p: Step Up-Rhonda (MPR)
630p: Zumba-Megan (MPR)

FRIDAY

515a: Cycle Bootcamp-Marisa (MPR)
9a: F.I.T.- Marian (MPR)

SATURDAY

9a: Yoga in the Park - Bradys Run
10:15a: Zumba - Joelle (MPR)

CYCLE CLASSES

MONDAY

9a: Red, White and Burn

TUESDAY

9a: Beginner Cycling-Lori (free)

WEDNESDAY

515a: Cycling-Misty \$2
9a: Cycling-Amanda \$2
6p: Cycling-Jen B \$2

THURSDAY

9a: Beginner Cycling-Pam (free)

SATURDAY

8a: Cycling-Jen H \$2

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

SMALL GROUP CLASSES

MONDAY

9a: Red, White and Burn - FREE to Community!
45 min Cycle & 45 min Core and More

TUESDAY

9a: Muscle Blast-Beth (MPR) \$5
515p: Buns & Guns-Marisa (AR) \$5

WEDNESDAY

515p: Abs and More-Jamie (WC) \$5

THURSDAY

515a: Tread n Shred-Marisa (WC) \$5
515p: Fitness Escape- Tina (AR) \$5

FRIDAY

9a: Bootycamp - Beth (AR) \$5
515p: Mx4 - Jamie (AR) \$5

SATURDAY

7a: Saturday Sculpt-Diane (AR) \$5

KEY

MPR=Multi-Purpose Room
AR = Aerobic Room
FS=Fitness Studio



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for additional
workouts